

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.15AM		MAT PILATES					
6.30AM	VINYASA REFORMER PILATES				VINYASA		
7AM			HATHA				
7.30AM			REFORMER PILATES			8.30AM REFORMER PILATES	
9AM						KUNDALINI	VINYASA
9.30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			REFORMER PILATES	
4.30PM	REFORMER PILATES		REFORMER PILATES				SLOW FLOW
5PM		MAT PILATES AERIAL YOGA		EMBODIED AWARENESS			
5.30PM	HATHA REFORMER PILATES		VINYASA REFORMER PILATES		SOMATIC SELF CARE		
6PM		YIN		SLOW FLOW			
6.30PM	YIN						