

CLINICAL PILATES

SCHEDULE

Classes have a maximum of 5 people and are conducted under the supervision of a physiotherapist



	MON	TUE	WED	THU	FRI
9:00 AM	KAYLA		BIANCA	KAYLA	BIANCA
9:30 AM	BIANCA		ALANNA		
10:00 AM	KAYLA	ALANNA	BIANCA	KAYLA	BIANCA
10:30 AM				ALANNA	
11:00 AM		ALANNA		KAYLA	
1:30 PM	KAYLA		BIANCA	KAYLA	BIANCA
4:00 PM	KAYLA	KAYLA	ALANNA DANCE ONLY	KAYLA	
4:30 PM					KAYLA
5:00 PM	KAYLA		ALANNA + BIANCA	KAYLA	
5:30 PM	BIANCA			BIANCA	KAYLA
6:00 PM	KAYLA	KAYLA	BIANCA	KAYLA	
6:30 PM	BIANCA			BIANCA	
7:00 PM	KAYLA	KAYLA	BIANCA	KAYLA	
8:00 PM	KAYLA	KAYLA	BIANCA	KAYLA	