



LIVE ONLINE CLASSES 2021



MON	10AM - GROUP TRAINING 7PM - INTERMEDIATE PILATES
TUES	10AM - GROUP TRAINING 1PM - INTERMEDIATE PILATES 2PM - BEGINNERS PILATES 6.15PM - BODY SCULPTING
WED	8AM - GROUP TRAINING 10AM - ADVANCED PILATES 1PM - INTERMEDIATE PILATES 6PM - LEGS, BUMS & TUMS 7PM - ADVANCED PILATES
THURS	10AM - GROUP TRAINING 6PM - BODYBOX
FRI	9AM - GROUP TRAINING
SAT	9AM - GROUP TRAINING