

## **Monday**

9am - Pilates

10am - Pilates

5:30pm - Men's Stretch

6:30pm - Pilates

## **Tuesday**

9am - Men's Stretch

10am - Pilates

1pm - Pilates

6pm - Pilates

## **Wednesday**

9am - Pilates

10am - Pilates

6pm - Pilates

## **Thursday**

8am - Pilates

9am - Pilates

10am - Pilates

5:30pm - Men's Stretch

6:30pm - Pilates for the Menopause

## **Friday**

9am - Pilates

10am - Pilates

11am - Pilates

## **Saturday**

9am - Pilates

10am - Pilates