

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.00-09.00						
09.15-10.15		Pilates Mat work				
09.15-10.15				Reformer		Reformer
10.15-11.15						
09.30-10.30	Pilates Mat work				Pilates Mat work	
10.15-11.15						Pilates Mat work Drop 1
10.30-11.30	Pilates Mat work	Reformer			Reformer	
11.15-12.15						Pre Natal Pilates
11.30-12.30						
12.00-13.00						
18.00-19.00		Pilates Mat work	Circuit Training			
18.15-19.15	Pilates Mat work					
19.00-20.00			Reformer			
19.15-20.15						
19.30-20.30	Mat work For Men					
19.15-20.15						
20.00-21.00						
20.15-21.15						
20.15-21.15						

Personal Training, Physical Therapy, FSM Therapy, Rehabilitation Work & Strength Conditioning. 121 Pilates Mat/Reformer available.  
Tel: Nicky 087-6338994 or Karen 087-6211797

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