

Clinical Pilates Timetable

CLASS TIME	MONDAY				TUESDAY					WEDNESDAY			THURSDAY					FRIDAY		
	Naomi	Anne	Fiona	Karen	Naomi	Ni'ia	Anne	Karen	Fiona	Naomi	Ni'ia	Karen	Naomi	Ni'ia	Anne	Karen	Fiona	Ni'ia	Karen	Fiona
7:00 AM																				
8:00 AM																				
12 NOON																				
1:00 PM																				
5:15 PM																				



Group classes



Pilates for Runners