

Pilates Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30 - 9.30 AM	BASIC REFORMER		REFORMER	REFORMER	STRETCHING	9.00 AM	CLOSED
9.30 - 10.20 AM	REFORMER LEV 1,2 MAT	BASIC TOWER	REFORMER LEV 1,2	REFORMER	TOWER LEV 1,2 CHAIR		
10.30 - 11.20 AM		REFORMER	PILATES AEROSLING				
5.00 - 5.50 PM	CHAIR LEV 1,2		REFORMER LEV 1,2		MAT LEV 1,2	5.00 PM CLOSED	
6.00 - 6.50 PM		REFORMER LEV 1,2		REFORMER LEV 1,2 PILATES AEROSLING	TOWER		
7.00 - 7.50 PM	TOWER	MAT	REFORMER	CHAIR			

* Classes for pregnant women available

Reservation in advance
674 272 606

Reformer / Tower / Chair
= Pilates with machines

Mat = Floor Pilates

Aerosling =
Suspension work

Basic Pilates = Beginners o
with injuries.

