



THE PILATES CLUB & TEACHER TRAINING ACADEMY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00:00 AM	Closed	Closed	Closed	Closed	Closed	Closed	Closed
06:30:00 AM	Closed	Closed	Closed	Closed	Closed	Closed	Closed
07:00:00 AM	Closed	Closed	Closed	Closed	Membership all levels	Closed	Closed
07:30:00 AM	Closed	Closed	Closed	Closed	07:00am - 08:00am	Closed	Closed
08:00:00 AM	Closed	Closed	Closed	Closed	Membership all levels	Closed	Closed
08:30:00 AM	Closed	Closed	Closed	Closed	08:00am - 09:00am	Closed	Closed
09:00:00 AM	Closed	Closed	Closed	Closed	Membership all levels	Closed	Closed
09:30:00 AM	Membership all levels	Membership all levels	Membership all levels	Membership all levels	09:00am - 10:00am	Membership all levels	Membership all levels
10:00:00 AM	09:30am - 10:30pm	09:30am - 10:30pm	09:30am - 10:30pm	09:30am - 10:30pm	Membership all levels	09:30am - 10:30pm	09:30am - 10:30pm
10:30:00 AM	Membership all levels	Membership all levels	Membership all levels	Membership all levels	10:00am - 11:00am	Membership all levels	Membership all levels
11:00:00 AM	10:30am - 11:30pm	10:30am - 11:30pm	10:30am - 11:30pm	10:30am - 11:30pm	Closed	10:30am - 11:30pm	10:30am - 11:30pm
11:30:00 AM	Membership all levels	Membership all levels	Membership all levels	Membership all levels	Closed	Membership all levels	Membership all levels
12:00:00 PM	11:30am - 12:30pm	11:30am - 12:30pm	11:30am - 12:30pm	11:30am - 12:30pm	Closed	11:30am - 12:30pm	11:30am - 12:30pm
12:30:00 PM	Closed	Pre natal	Closed	Pre natal	Closed	Closed	Closed
01:00:00 PM	Mother and Baby	12:30pm - 14:30pm	Closed	12:30pm - 14:30pm	Closed	Closed	Closed
01:30:00 PM	13:00pm - 14:00pm		Closed		Closed	Closed	Closed
02:00:00 PM	Private 1:1, 1:2, and		Closed		Master Class *	Master Class *	Master Class *
02:30:00 PM	rehabilitation	Private 1:1, 1:2, and	Private 1:1, 1:2, and	Private 1:1, 1:2, and	14:00pm - 15:00pm	14:00pm - 15:00pm	14:00pm - 15:00pm
03:00:00 PM	14:00pm - 18:00pm	rehabilitation	rehabilitation	rehabilitation	Master Class *	Master Class *	Master Class *
03:30:00 PM		14:30pm - 17:00pm	14:30pm - 17:30pm	14:30pm - 17:30pm	15:00pm - 16:00pm	15:00pm - 16:00pm	15:00pm - 16:00pm
04:00:00 PM					Closed	Closed	Closed
04:30:00 PM					Closed	Closed	Closed
05:00:00 PM		Membership all levels			Closed	Closed	Closed
05:30:00 PM		17:00pm - 18:00pm	Membership all levels	Membership all levels	Closed	Closed	Closed
06:00:00 PM	Membership all levels	Membership all levels	17:30pm - 18:30pm	17:30pm - 18:30pm	Closed	Closed	Closed
06:30:00 PM	18:00pm - 19:00pm	18:00pm - 19:00pm	Membership all levels	Membership all levels	Closed	Closed	Closed
07:00:00 PM	Membership all levels	Membership all levels	18:30pm - 19:30pm	18:30pm - 19:30pm	Closed	Closed	Closed
07:30:00 PM	19:00pm - 20:00pm	19:00pm - 20:00pm	Membership all levels	Membership all levels	Closed	Closed	Closed
08:00:00 PM	Membership all levels	Closed	19:30pm - 20:30pm	19:30pm - 20:30pm	Closed	Closed	Closed
08:30:00 PM	20:00pm - 21:00pm	Closed	Closed	Closed	Closed	Closed	Closed

*Master classes will not run everyweek. Clients will be informed of planned classes. Clients can also request masterclasses. Please phone for further details.