

PILATES+STRETCH

ONLINE CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7:00am - 7:30am CORPORATE WELLNESS			7:00am - 7:40am CORPORATE WELLNESS		
		8:00am – 8:30am Pilates & Stretch SMALL GROUP				8:30am - 9:30am PILATES+STRETCH SMALL GROUP
	9:30am – 10:00am PILATES+STRETCH SMALL GROUP			9:30am – 10:00am PILATES+STRETCH SMALL GROUP		9:30am -10:00am PILATES+STRETCH SMALL GROUP
	11:00am-11:30am PILATES+STRETCH For Multiple Sclerosis					
AFTERNOON		12:00pm -12:45pm CORPORATE WELLNESS	1:00pm – 2:00pm Pilates & Stretch SMALL GROUP			
				5:30pm – 6:00pm MOVEMENT CLASS SMALL GROUP		
EVENING		7:00pm - 8:00pm MOVEMENT CLASS SMALL GROUP				