

FITNESS TIMETABLE

MONDAY

 **Pilates**
6:30–7:20pm

TUESDAY


 **Pilates**
9:30–10:20am

WEDNESDAY

 **HIIT Pilates**
12:30–1:10pm

THURSDAY

 **Barre**
9:30–10:20am

 **Barre**
6:30–7:15pm

FRIDAY

 **Pilates**
10:30–11:20am

SUNDAY

 **Stretch**
5:00–5:50pm

2023

