

Pilates New Plymouth Timetable 2018 Term 2

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30AM		One on One		Int Reformer	
7.30AM		Int Reformer		Studio Circuit	
8AM					<i>Corporate Mat</i>
9AM	Studio Group	Beg Reformer	Int Reformer	Beg Reformer <i>*Yogalates Mat</i>	int Reformer
10AM	One on One	Studio Circuit	Studio Group	Studio Circuit One on One	Studio Group * Over 65 Mat
11AM	<i>*Post Natal</i>	Studio Group	One on One	Studio Group	Beg Reformer
11.30am				<i>Corporate mat</i>	<i>Corporate Mat</i>
12NOON	Int Reformer	Int Reformer	Mat Class	Adv Reformer	Int Reformer
12.30am					<i>Corporate Mat</i>
1PM	One on One	<i>* Pre-Natal</i>	One on One	One on One	One on One
2.30PM	One On One		One on One		
3.30PM	One On One	Teen Pilates	One on One		
4.30PM	Beg Reformer	Studio Group	Studio Circuit	Studio Group	
5.30PM	Int Reformer	Adv Reformer	Int Reformer	Int Reformer Cardio	
6.30PM	<i>*Pre-Natal</i>	Int Reformer	Mat Class Beg Reformer	One on One	

