



# PILATES NEW PLYMOUTH

## January 2019

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am		Int Reformer			
8am					
8:30am					
9am	Pre Natal	Beginner Ref	Int Reformer	Beg Reformer	Beg Reformer
10am	Studio Group	One on One	Studio Group	One on One	+ 65 Mat Class
11am	Mums & Bubs		One on One	Studio Group	One on One
11:30am					
12pm	Int Reformer		One on One	Adv Reformer	One on One
12:30pm					
1pm	One on One				
3:30pm					
4:30pm	Beg Reformer	Studio Group	Mat Studio	Studio Group	
5:30pm	Intro to Reformer	Adv Reformer	Int Reformer	Cardio Tramp?	
6:30pm		Beg Reformer	Beg Reformer		