

PILATES REFORMER SESSIONS (50min)
- HARMONY -

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7.15AM
Essentials

6.15AM
Essentials

7.15AM
Pilates ABC
(30min)

7.15AM
Essentials

6.15AM
Essentials

7.15AM
Pilates ABC
(30min)

7.15AM
Restored

7.15AM
Strong &
Confident

8.30AM
Essentials

5.30AM
Essentials

5.30AM
Essentials