

PILATES REFORMER SESSIONS (50min)
- SANCTUARY -

MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
6AM Meditation: Unplug & Reboot	6AM Meditation: Unplug & Reboot	6AM Empowered	6AM Meditation: Unplug & Reboot	6AM Meditation: Unplug & Reboot	
6.15AM Energised	6.15AM Energised		6.15AM Empowered	6.15AM Empowered	
7.15AM Empowered	7.15AM Empowered	7AM ABC/Restored	7.15AM Energised	7.15AM Empowered	7.15AM AUM(60min)
9.15AM Empowered	9.15AM Empowered	9.15AM Energised	9.15AM Empowered	9.15AM Empowered	8.30AM Energised
10.15AM Pilates4Two	10.15AM Pilates4Two	10.15AM Pilates4Two	10.15AM Essentials		9.30AM Restored
4PM Next Generation	4PM Next Generation	4PM Next Generation	4PM Next Generation		
4.45PM Empowered	5PM Empowered	4.45PM Energised	5PM Energised	4.30PM Pilates Happy Hour AUM (75min)	
5.45PM ABC	6PM Energised	5.45PM Strong & Confident	6PM Empowered		
6.35PM Meditation: Unplug & Reboot	6.50PM Meditation: Unplug & Reboot	6.35PM Meditation: Unplug & Reboot	6.50PM Meditation: Unplug & Reboot		