

GROUP SCHEDULE - 2024



	Morning	Afternoon	Evenings
Monday	11:00 (Kin) STUDIO CIRCUIT	12:15 (Sandar) REFORMER (All)	18:30 (Winky) REFORMER (Beginner) 19:45 (Calvin) REFORMER (ALL)
Tuesday	11:00 (Kin) REFORMER ((ALL))	12:15 (Calvin) REFORMER 13:30 (Calvin) AERIAL YOGA	
Wednesday	11:00 (Kin) REFORMER ((ALL))	12:15 (Calvin) REFORMER (ALL) 13:30 (Calvin) REFORMER (CANTO/ALL)	19:00 (Calvin) REFORMER (ALL) 20:15 (Calvin) AERIAL YOGA
Thursday	11:00 (Kin) REFORMER (ALL)	12:15 (Sandar) REFORMER (ALL) 13:30 (Calvin) AERIAL YOGA	19:30 (Juanita) REFORMER (ALL) 20:30 (Juanita) REFORMER (ALL)
Friday		15:00 (Kin) REFORMER (ALL)	
Saturday	09:00 (Kin) REFORMER (ALL)	13:15 (Juanita) REFORMER (ALL)	
Sunday			

NOTES

All classes taught in english unless stated otherwise.

(ALL) - Class is catered to all levels with exercise adaption,

(Beginner) - class is more focussed on establishing and building upon the basics and will have maximum support when kneeling or sitting in all directions.

STUDIO CIRCUIT - Circuit style class using all pilates equipment (Trapeze Table, Reformer, Chair, Ladder Barrel etc).

Private individual and group sessions are also available - please ask Kin or your instructor for more information

AVAILABILITY & BOOKING - WHATSAPP 4625 5355