



Mat & Barre Class Schedule - Effective May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am			Mat Pilates	Mat Pilates	Mat Pilates		
7.00am			Slow Flow Stretch Mat	Mat Pilates	Barre	Barre	
8.00am					Barre	Barre	
9.00am	Mat Pilates		Mat Pilates	Barre	Mat Pilates	Mat Pilates	
10.00am							
4.30pm	Barre	Mat Pilates	Mat Pilates				
5.30pm	Mat Pilates	Barre	Mat Pilates				
6.30pm	Mat Pilates	Barre	Slow Flow Stretch Mat				

All classes are 45 minutes duration. Doors open 10 minutes before scheduled start time. Timetable subject to change