

GROUP REFORMER PILATES (1:6) TIMETABLE

2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30	HELEN	MIRANDA		MIRANDA	TARA	SERJI Or DANNI
09.30	HELEN	MIRANDA	MIRANDA	MIRANDA	ARION	SERJI or DANNI
10.30	HELEN		TARA			SERJI or DANNI
11.30				SERJI		
12.00	SERJI		ROBYN		ARION	
13.00		RACHELLE			TARA	
14.00		SERJI		RACHELLE		
18.00	ARION	SERJI	ROBYN		DANNI	
19.00	SERJI	SERJI				

STUDIO CLASSES (1:8) DYNAMIC MATWORK & BARRE TIMETABLE

2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00				
9:30				DYNAMIC BARRE with SERJI
10:30	DYNAMIC MATWORK with TARA			
12:00		DYNAMIC BARRE with SERJI		
13:00				DYNAMIC MATWORK with RACHELLE
17:00				
18:00		DYNAMIC MATWORK with ROBYN		
19:00	DYNAMIC MATWORK with ARION	RUNNERS OPTIMISING FORM with ROBYN	DYNAMIC MATWORK with Helen	