



**GROUP REFORMER PILATES / CIRCUIT (1:6)**  
**2025 TIMETABLE**  
**March onwards**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>08.30</b>	HELEN	MIRANDA		MIRANDA	TARA	SERJI or HELEN or GEORGIA or HANNAH
<b>09.30</b>	HELEN	MIRANDA	MIRANDA	MIRANDA	ARION	SERJI or HELEN or GEORGIA or HANNAH
<b>10.30</b>	HELEN		TARA			
<b>11.30</b>				SERJI		SERJI or HELEN or GEORGIA or HANNAH
<b>12.00</b>	SERJI		HELEN		ARION	
<b>13.00</b>		SERJI			TARA	
<b>14.00</b>		SERJI		RHEN		
<b>18.00</b>	SERJI	SERJI	HANNAH	RHEN		
<b>19.00</b>	SERJI	SERJI		GEORGIA		

**STUDIO CLASSES (1:8)**  
**DYNAMIC MATWORK & BARRE**  
**2025 TIMETABLE**  
**March onwards**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>9:30</b>				DYNAMIC BARRE with SERJI
<b>10:30</b>	DYNAMIC MATWORK with TARA			
<b>12:00</b>		DYNAMIC BARRE with SERJI		
<b>13:00</b>				DYNAMIC MATWORK with RHEN
<b>18:00</b>		DYNAMIC MATWORK with RHEN		DYNAMIC MATWORK with GEORGIA
<b>19.00</b>	DYNAMIC MATWORK with HANNAH	DYNAMIC MATWORK with RHEN	DYNAMIC MATWORK with HANNAH	

**ENQUIRIES: 0742 848 0827**

**or**

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