



PILATES NEW PLYMOUTH

Summer 2019

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME					
6:30am			One on One		
7:30am		Int Reformer	One on One	Int Reformer	
9am	One on One	Beg Reformer	Int Reformer	Beg Reformer	Beg Reformer
10am	Studio Group	One on One	Studio Group	Shared private	+ 65 Mat Class
11am	Shared private	Studio group	One on One	Studio Group	
11:30am					Corporate Mat
12pm	Int Reformer		Flex Fitness	Adv Reformer	
12:30pm					Corporate Mat
1pm	One on One				
3:30pm					
4:30pm	Beg Reformer	Studio Group	Beg Reformer	Studio Group	
5:30pm	Beg Reformer	Adv Reformer	Intro course	Cardio Tramp	
6:30pm		Beg Reformer	Int Reformer	Pre-Natal	