



# PILATES NEW PLYMOUTH

## Winter 2023

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am			One on One		
7:00am					Int Reformer
7:30am		Int Reformer	Studio Group		
8:00am					One on One
9am	One on One	Beg Reformer	One on One	Beg Reformer	Beg Reformer
10am	Studio Group	One on One	One on One	Beg/Int Ref	+ 65 Mat Class
11am	One on One	One on One	Private	One on One	One on One
12pm	Int Reformer	One on One	Offsite Mat	Adv Reformer	Studio Group
1pm					
1:30pm					
3:30pm					
4:30pm	Beg Reformer	Studio Group	Beg Reformer		
5:30pm	One on One	Adv Reformer	Course	Studio Group	
6:30pm		Beg Reformer		Beg Reformer	