



PILATES NEW PLYMOUTH

Autumn 2021

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME					
6:00am				One on One	One on One
6:30am			One on One		
7:00am				One on One	Int Reformer
7:30am		Int Reformer	Int Reformer		
8:00am				One on One	One on One
9am	One on One	Beg Reformer	Beg Reformer	Beg Reformer	Beg Reformer
10am	Studio Group	One on One	Studio Group	One on One	+ 65 Mat Class
11am	One on One	One on One		Studio Group	One on One
12pm	Int Reformer		Flex Fitness (offsite)	Adv Reformer	Corporate Mat (offsite)
1pm				One on One	
1:30pm			One on One		
3:30pm					
4:30pm	Beg Reformer	Studio Group	Beg Reformer		
5:30pm	One on One	Adv Reformer	Beg Reformer	Cardio Tramp	
6:30pm		Beg Reformer	One on One	Int Reformer	