



PILATES NEW PLYMOUTH

2024 Class Schedule

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