



REFORMER PILATES WEEKLY SCHEDULE

MONDAY

8.15 - 9.00 **All levels**
(with Adriana)

9.30 - 10.15 **All levels**
(with Adriana)

17.30 - 18.15 **All levels**
(with Dan)

18.30 - 19.15 **All levels**
(with Dan)

19.30 - 20.15 **All levels**
(with Adriana)

TUESDAY

7.00 - 7.45 **All levels**
(with Adam)

11.30 - 12.15 **All levels**
(with Dan)

12.30 - 13.15 **All levels**
(with Dan)

17.00 - 17.45 **All levels**
(with Adriana)

18.00 - 18.45 **All levels**
(with Dan)

19.30 - 20.15 **All levels**
(with Adriana)

WEDNESDAY

8.00 - 8.45 **All levels**
(with Adriana)

12.30 - 13.15 **All levels**
(with Dan)

17.00 - 17.45 **All levels**
(with Adriana)

19.30 - 20.15 **All levels**
(with Adriana)

THURSDAY

7.00 - 7.45 **All levels**
(with Adam)

11.30 - 12.15 **All levels**
(with Dan)

17.30 - 18.15 **All levels**
(with Adriana)

18.30 - 19.15 **All levels**
(with Adriana)

19.30 - 20.15 **All levels**
(with Adriana)

FRIDAY

11.30 - 12.15 **All levels**
(with Dan)

12.30 - 13.15 **All levels**
(with Dan)

16.30 - 17.15 **All levels**
(with Dan)

17.30 - 18.15 **All levels**
(with Dan)

18.30 - 19.15 **All levels**
(with Dan)

19.30 - 20.15 **All levels**
(with Dan)

SATURDAY

9.00 - 9.45 **All levels**
(with Adriana)

10.00 - 10.45 **All levels**
(with Adriana)

SUNDAY

10.30 - 11.15 **All levels**
(with Adam)

11.30 - 12.15 **All levels**
(with Adam)