Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM CLASSES						
5.30AM REFORMER PILATES	6AM REFORMER PILATES	5.30AM REFORMER PILATES	6.30AM REFORMER PILATES	6AM VINYASA FLOW	6.15AM BODYLIFE LIFT (STRENGTH)	7.30AM REFORMER PILATES
7.30AM REFORMER PILATES	7AM REFORMER PILATES	6.30AM BODYLIFE LIFT (STRENGTH)	7.30AM REFORMER PILATES	6AM PILATES CIRCUIT	6.30AM VINYASA FLOW	8.20AM REFORMER PILATES
8.30AM REFORMER PILATES	8AM REFORMER PILATES	8AM REFORMER PILATES	8.30AM REFORMER PILATES	7.30AM REFORMER PILATES	7.30AM REFORMER PILATES	9.10AM REFORMER PILATES
9AM BODYLIFE LIFT (STRENGTH)	9AM REFORMER PILATES	9AM VINYASA FLOW	9.30AM REFORMER PILATES	8.30AM REFORMER PILATES	8.20AM REFORMER PILATES	
9.30AM REFORMER PILATES		9AM BODYLIFE LIFT (STRENGTH)		9.30AM PILATES CIRCUIT	9.10AM REFORMER PILATES	
		10AM BODYLIFE LIFT (STRENGTH)		9.30AM REFORMER PILATES		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM CLASSES						
4.30PM REFORMER PILATES	4.30PM REFORMER PILATES	4.30PM REFORMER PILATES	2PM BODYLIFE LIFT (STRENGTH)			
5.30PM REFORMER PILATES	4.30PM BODYLIFE LIFT (STRENGTH)	5.30PM REFORMER PILATES	4.30PM REFORMER PILATES			
5.30PM PILATES CIRCUIT	5.30PM REFORMER PILATES	6.30PM REFORMER PILATES	4.30PM BODYLIFE LIFT (STRENGTH)			
6.30PM REFORMER PILATES	5.30PM BODYLIFE LIFT (STRENGTH)		5.30PM REFORMER PILATES			
	6.30PM REFORMER PILATES		5.30PM BODYLIFE LIFT (STRENGTH)			
			6.30PM REFORMER PILATES			

TIMETABLE CURRENT AS OF AUGUST 19th 2026