

Bodytree Studio PILATES SCHEDULE January

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY	
6:45am					Spin Tribe (Pre sign-up) Mixed (Carlos)			Spin Tribe (60 min) is a combination of two exercise methods, high intensity with strength training & core conditioning: 30 mins of cycling (targeting the legs/core) + 30 mins	
9am	Reformer I/II (Huda) Reformer II (Anita)	Reformer II (Huda)	Reformer Intervals (Jenny)	Spin Tribe (Pre sign-up) First Class 9 Jan 8:45am (Jenny)	Reformer II (Fe)	Spin Tribe (Pre sign-up) Mixed 8-9am (Carlos)	Reformer II - Mixed (Didier) Reformer I/II (Huda)		
10am	Spin Tribe Mat (Pre Sign-up) 10:15am (Jenny)	Pilates Principles - Mat (Pre sign-up) (Anita)	Pre Natal Mat 10:30am (Fe) Reformer I/II (Huda)	Pilates Mat (Huda)	Reformer I/II (Anita)		Reformer II - Mixed (Didier) Pilates Athletic Mat (Huda)	Previous Pilates Mat experience or having attended the Mat Elementary classe are a pre-requisite for entry into Pilates Mat Plus classes.	
11am	Pilates Reformer 11:15am-12:10pm (Anita)		Pilates Reformer (Anita)	Pre Natal Reformer (Fe)			Reformer I/II - Mixed (Didier)	All Reformer classes including Pre Natal Reformer needs to be booked in advance. New clients need to take a Pre Reformer assessment first, please enquire at the the studio. Those with no Reformer experience are required to take a Pre Pilates Reformer Course before joining a regular Reformer class. Mat experience required.	
12pm		Pilates Mat with Props (Marie)		Pilates Reformer (Marie)					
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
6pm	Spin Tribe (Pre sign-up) Mixed (Carlos) Pre Natal Reformer (Fe)	Reformer I/II - Mixed (Angela)	Reformer II - Mixed (Fe) Reformer I/II (Huda)	Pre Natal Mat (Fe)				Reformer II - Mixed (Didier)	Classes are for those who have never done Pilates before. Attendance of these classes are a pre-requisite prior to moving to Mat plus classes.
7pm	Core Power Pilates - Mat (Anita) Pilates Jump Fit Reformer - Mixed (Huda)	Reformer II - Mixed (Fe) Reformer I/II - Mixed (Huda)	Spin Tribe (Pre sign-up) Mixed 7:30-8:30pm (Jenny) Pilates Mat 7:15-8:10pm (Christiana)	Reformer III - Mixed (Fe) Dynamic Flow I/II - Mixed (Didier) Pilates Principles - Mat (Pre sign-up) (Anita)					Pre Natal classes require sign up & written approval from your health care provider. Please book Pre Natal Reformer classes in advance to secure your spot. info@bodytreestudio.com.
8pm	Pilates Reformer - Mixed (Anita)				Reformer II - Mixed (Didier)				