

Bodytree Studio PILATES SCHEDULE Ramadan

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
9:30am	Reformer I/II (Fe)	Reformer II (Fe)		Spin Tribe (Pre sign-up) (Jenny)	Reformer II (Fe)	Spin Tribe (Pre sign-up) Mixed 8am (Carlos)	Reformer II - Mixed (Shruti)	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
	Reformer II (Anita)			Reformer I/II (Anita)			Reformer I/II (Marie)	
10:30am	Pilates Reformer (Anita)	Pilates Principles - Mat (Pre sign-up) (Anita)	Pre Natal Mat (Fe)	Pilates Mat (Fe)	Reformer I/II (Anita)		Reformer II - Mixed (Shruti)	
11:30am/12pm		Pilates Mat 12pm (Marie)	Reformer I/II 11:30am (Anita)	Pre Natal Reformer 11:30am (Fe)			Reformer I/II -Mixed 11:30am (Shruti)	
				Pilates Reformer 12pm (Marie)				
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4:30pm	Pilates Jump Fit - Mixed (Shruti)		Reformer I/II (Fe)					
5:30pm	Spin Tribe (Pre sign-up) Mixed (Carlos)	Reformer I/II - Mixed (Anita)	Pilates Mat 5pm (Christiana)	Reformer I/II (Anita)				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.
	Pre Natal Reformer (Fe)		Reformer II - Mixed (Fe)	Reformer II - Mixed (Didier)				
			Spin Tribe (Pre sign-up) Mixed (Carlos)					
6:30/7/7:30pm	Pilates Reformer - Mixed 6:30pm (Anita)	Reformer II - Mixed 7pm (Fe)		Pilates Principles - Mat (Pre sign-up) 6:30pm (Marie)				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.
	Core Power Pilates - Mat 7:30pm (Anita)	Reformer I/II - Mixed 7pm (Shruti)		Dynamic Flow I/II - Mixed 6:30pm (Didier)				
				Reformer III - Mixed 7pm (Fe)				
				Reformer II - Mixed 7:30pm (Didier)				