

Bodytree Studio PILATES SCHEDULE June

| MORNING | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | KEY |
|---------|--|---|---|---|--------------------------|--|-----------------------------------|---|
| 9am | Reformer I/II (Fe) | Reformer II (Fe) | | Spin Tribe (Pre sign-up) 8:45am (Jenny) | Reformer II (Fe) | Spin Tribe (Pre sign-up) Mixed 8-9am (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) | |
| 10am | | Pilates Principles - Mat (Pre sign-up) (Anita) | Pre Natal Mat (Fe) | Pilates Mat (Fe) | Reformer I/II (Anita) | | Reformer II - Mixed (Shruti) | Previous Pilates Mat experience or having attended the Mat Elementary classe are a pre-requisite for entry into Pilates Mat Plus classes. |
| | | | Reformer I/II (Shruti) | | | | | |
| 11am | Pilates Reformer 11:15am-12:10pm (Anita) | | Pilates Reformer (Anita) | Pre Natal Reformer (Fe) | | | Reformer I/II - Mixed (Shruti) | 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 Reformer (Marie) | | | | |
| EVENING | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| 6pm | Pre Natal Reformer (Fe) | Reformer I/II - Mixed (Anita) | Reformer II - Mixed (Fe) | Pre Natal Mat (Fe) | | | | 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. |
| | | | Reformer I/II (Shruti) | Reformer I/II (Anita) | | | | |
| | | | | Reformer II - Mixed (Didier) | | | | |
| 7pm | Core Power Pilates - Mat (Anita) | Reformer II - Mixed (Fe) | Spin Tribe (Pre sign-up) Mixed 7:30-8:30pm (Jenny) | Reformer III - Mixed (Fe) | | | | 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. |
| | Pilates Jump Fit Reformer - Mixed (Shruti) | Reformer I/II - Mixed (Shruti) | Pilates Mat 7:15-8:10pm (Marie) | Dynamic Flow I/II - Mixed (Didier) | | | | |
| | Spin Tribe (Pre sign-up) Mixed (Carlos) | | | Pilates Principles - Mat (Pre sign-up) (Anita) | | | | |
| 8pm | Pilates Reformer - Mixed (Anita) | Pilates Reformer - Mixed (Shruti) | | Reformer II - Mixed (Didier) | | | | |