

Bodytree Studio PILATES SCHEDULE September

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
6:45am			Open Level Reformer -Mixed 6-7am (Didier)		Spin Tribe (Pre sign up) - Mixed 6:45-7:45am (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 (Fe) Reformer II (Shruti)	Reformer II (Fe)	Pilates Mat (Mouna)		Reformer II (Fe) Pilates Tower Resistance (Anya)	Spin Tribe (Pre sign-up) Mixed 8-9am (Carlos)	Reformer II - Mixed (Didier) Reformer I/II (Marie)	
10am	Open Level Reformer (Fe)	Pilates Principles Mat First Class 9 Sep (Hajar)	Pre Natal Mat (Fe) Reformer I/II (Shruti)	Pilates Mat (Fe)	Reformer I/II (Shruti)		Reformer II - Mixed (Didier)	Previous Pilates Mat experience or having attended the Mat Elementary class are a pre-requisite for entry into Pilates Mat Plus classes.
11am	Reformer I/II (Fe)		Reformer I/II (Fe)	Spin Tribe - Mixed (Carlos)			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.
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5pm		Open Level Reformer - Mixed (Carlos)						Classes are for those who have never done Pilates before. Attendance of these classes are a pre-requisite prior to moving to purple Pilates Mat classes.
6pm	Pre Natal Reformer (Fe)	Reformer I/II - Mixed (Shruti)	Reformer I/II - Mixed (Didier) Reformer II (Fe)	Pre Natal Mat (Fe)	Reformer I/II (Shruti) Reformer II - Mixed (Didier)			Open Level Reformer is a mixed level Reformer class, open to all levels. Entry into a Reformer class is only available with prior instructor approval.
7pm	Core Power Pilates Mat - Mixed (Shruti) Spin/Reformer Circuit - Mixed (Carlos)	Reformer II - Mixed (Fe) Reformer I/II - Mixed (Shruti)	Core Power Pilates Mat - Mixed 7:15-8:10pm (Marie) Pilates Jump Fit - Mixed (Anya) Open Level Reformer - Mixed (Didier)	Reformer III - Mixed (Fe) Reformer I/II - Mixed (Didier) Pilates Principles Mat - Mixed First Class 11 Sep (Hajar)				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 (Fe)			Reformer II - Mixed (Didier)				