

PILATES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am					6:45am - 7:45am Spin Tribe (Pre sign up) - Mixed Carlos		
9:00am	Reformer I/II Fe	Reformer II Fe	Pilates Mat Mouna	Reformer I/II Anita	Reformer II Fe	8:00am - 9:00am Spin Tribe (Pre sign up) - Mixed Carlos	Reformer II - Mixed Didier
	Reformer II Anita	Sculpt Reformer Anya			Pilates Tower Resistance Anya		Reformer I/II - Mixed Marie
10:00am	Pilates Principles Mat Fe	Core Power Pilates Mat Hajar	Pre Natal Mat Fe	Pilates Mat Fe	Reformer I/II Anita		Reformer II - Mixed Didier
			Reformer I/II Shruti				
			Reformer I/II Anita				
11:00am onwards	Reformer I/II Anita	Reformer I/II Marie	Reformer I/II Anita	Spin Tribe - Mixed Carlos	Gentle Pilates Reformer Fe		
		12:00pm Open Level Reformer - Mixed Marie					
5:00pm		Open Level Reformer - Mixed Carlos					
6:00pm	Pre Natal Reformer Fe	Reformer I/II - Mixed Anita	Reformer II - Mixed Fe	Pilates Principles Mat - Mixed Hajar			
	Reformer II Shruti		Pre Natal Reformer Shruti	Reformer I/II Anita			
7:00pm	Core Power Pilates Mat - Mixed Anita	Reformer II - Mixed Fe	7:15pm - 8:10pm Core Power Pilates Mat - Mixed Anita	Reformer III - Mixed Fe			
	Spin/Reformer Circuit - Mixed Carlos		Pilates Jump Fit - Mixed Anya	Reformer I/II - Mixed Didier			
				Core Power Pilates Mat - Mixed Hajar			

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

Previous Pilates Mat experience or having attended the Mat Elementary classe are a pre-requisite for entry into Pilates Mat Plus classes.

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.

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.

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.

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.

All classes are subject to change of instructor. If you have any questions about classes or times, please call us on 02 443 4448 or 02 444 1118, or email info@bodytreestudio.com.

