

ELEMENTS PILATES

The Personalised Approach

Group Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		Reformer 7:00 - 7:55am E		Reformer 7:00 - 7:55am E			
	Mat Energy 9:30 - 10:20am E	Reformer 9:00 - 9:55am E	Reformer 9:00 - 9:55am E	Reformer 9:00 - 9:55am E	Mat Energy 9:30 - 10:20am M		
		Reformer 10:00 - 10:55am E	Reformer 10:00 - 10:55am E			Mat (Props) 10:00 - 10:50am S / G	
						Reformer 11:00 - 11:55am S / G	
PM				Baby Bump 1.00 - 1.50pm E		Free Trial 12:00 - 12:45pm <i>*(check classes)</i>	
	Reformer 7:15 - 8:10pm E		Reformer 7:00 - 7:55 pm G				
	Reformer 8:15 - 9:10pm E		Mat Stretch 8:00 - 8:50pm G				

**** - All group classes require 24-hrs sign-up/call-in & payment to reserve a spot & avoid disappointment**

**** - 24-hrs notice required for any change in dates/time to avoid full charges**