

Pilates Timetable

- **Tuesday**
-> 5.00pm - 5.45pm
- **Wednesday**
-> 12.30pm - 1.15pm
- **Thursday**
-> 6.30pm - 7.15pm
-> 7.15pm - 8.00pm



A key reminder: not all of the times listed above have availabilities in the class! Depending on those already in the class, naturally it will have fluctuations. Pilates is conducted in monthly blocks, therefore the availability of spots changes every month.

Solely dependent on the demand of our Pilates classes there is a possibility for more classes (if there is enough expressed interest) to be opened.

We hope to see you in our classes very soon!