



## SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
<b>PILATES</b> 06h00-07h00 Classic Pilates (Mandy)  09h00 -10h00 Classic Pilates (Mandy)  10h30 - 11h15 Mommy Moves and Baby Grooves Pilates 2 - 9 Months (Taylor)	<b>PILATES</b>  08h30-09h30 Classic Pilates (Taylor)	<b>PILATES</b> 06h00-07h00 Classic Pilates (Taylor)  08h30-09h30 Classic Pilates (Taylor)	<b>PILATES</b> 07h00 - 08h00 Stretch and meditation (Taylor)  08h00-08h45 Rebounding (Taylor)	<b>PILATES</b>  09h00-10h00 Classic Pilates (Koru Instructor)	<b>PILATES</b> 07h00-08h00 Classic Pilates (Koru Instructor)  08h00-09h00 Stretch Pilates (Koru Instructor)  09h00-10h00 Classic Pilates (Koru Instructor)
<b>Afternoon</b>	<b>Afternoon</b>	<b>Afternoon</b>	<b>Afternoon</b>	<b>Afternoon</b>	<b>Afternoon</b>
	16h00 - 16h45 Step to the Beat (Mandy)		15h15-16h15 Classic Pilates (Mandy)		
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>
17h00 -18h00 Classic Pilates (Taylor)  18h00-19h00 Classic Pilates (Taylor)	17h00 -18h00 Bend and Breathe Stretch Pilates (Mandy)  18h15-19h00 Rebounding (Taylor)	17h00 - 17h40 Meditation (Taylor)  18h00-19h00 Classic Pilates (Mandy)  19h00 -20h00 Classic Pilates (Mandy)	17h00-18h00 Classic Pilates (Mandy)  18h15-19h00 Rebounding (Taylor)		

Please note that due to limited space, it is essential to book your sessions via our Oktiv Booking app weekly in advance. Should you not be able to attend your class, you are welcome to make up your session in another time slot, within 2 months, space permitting. Or you are welcome to receive a recording or join an online session for a make up.