

AUTHENTIC PILATES STUDIO

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am	Mat Class	Intermediate Reformer Class	Beginner Reformer Class	Intermediate Reformer Class	Beginner Reformer Class	Privates / Duets
8am	Privates / Duets	Privates / Duets	Privates / Duets	Intermediate Reformer Class	Privates / Duets	Mat Class
9am	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Intermediate Reformer Class
10am	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Intermediate Reformer Class
11am	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Beginner Reformer Class
12pm	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Mat Class
1pm	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	
4pm	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets	<p>N.B. Private and duet sessions may also be booked during the mat class and reformer class time slots pending availability of instructors. Bookings are essential for all sessions as there are only 4 per reformer class and 8 per mat class.</p>	
5pm	Privates / Duets	Privates / Duets	Privates / Duets	Privates / Duets		
6pm	Mat Class	Intermediate Reformer Class	Beginner Reformer Class	Mat Class		
7pm	Beginner Reformer Class	Intermediate Reformer Class	Intermediate Reformer Class	Beginner Reformer Class		