Weekly Group Class Schedule

Equipment-based Class

Mat-based Class

MON	TUE	WED	THU	SAT	SUN
10:15-11:15 Pilates Barre	10:15-11:15 Pilates Reformer Basic	11:15-12:15 Pilates Reformer Basic	10:00-11:00 Pilates Reformer/Tower Combo	10:00-11:00 Pilates Reformer Multilevel	11:00-12:00 Cantonese Pilates Reformer Multilevel
12:30-13:30 Pilates Reformer Intermediate	12:30-13:30 Cantonese Pilates Reformer Basic	12:30-13:30 Pilates Suspend	12:30-13:30 Pilates Reformer Multilevel	10:00-11:00 Pilates Stretch	11:00-12:00 Pilates Mat
13:45-14:45 Pilates Reformer Basic	19:30-20:30 Pilates Reformer Basic	15:00-16:00 Pilates Equipment Mix	17:25-18:25 Cantonese Pilates Reformer Basic	11:15-12:15 Pilates Reformer Multilevel	13:30-14:30 Cantonese Pilates Mat
19:30-20:30 Cantonese Pilates Mat			19:35-20:35 Cantonese Pilates Suspend	11:15-12:15 Pilates Mat	
19:30-20:30 Pilates Reformer Multilevel			19:35-20:35 Pilates Reformer Basic	12:30-13:30 Pilates Equipment Mix	
20:35-21:35 Cantonese Pilates Reformer Basic				12:30-13:30 Pilates Suspend	
				13:45-14:45 Pilates Reformer Basic	

ALL GROUP CLASSES ARE FOR FEMALES ONLY.
CLASSES MAY CHANGE / CANCEL WITHOUT PRIOR NOTICE.