



Weekly Group Class Schedule

Equipment
Class

Floor
Class

MON

TUE

WED

THU

SAT

SUN

10:15–11:15

Pilates Barre

12:30–13:30

Pilates Reformer
Intermediate

13:45–14:45

Pilates Reformer
Basic

19:30–20:30

Pilates Reformer
Multilevel

20:35–21:35

Cantonese
Pilates Reformer
Basic

10:15–11:15

Pilates Reformer
Basic

12:30–13:30

Cantonese
Pilates Reformer
Basic

19:30–20:30

Pilates Reformer
Basic

19:30–20:30

Cantonese
Pilates Mat

11:15–12:15

Pilates Reformer
Basic

12:30–13:30

Pilates Suspend

15:00–16:00

Pilates
Equipment Mix

10:00–11:00

Pilates
Reformer/Tower
Combo

12:30–13:30

Pilates
Reformer
Multilevel

17:25–18:25

Cantonese
Pilates Reformer
Basic

19:35–20:35

Pilates Reformer
Basic

10:00–11:00

Pilates Reformer
Multilevel

10:00–11:00

Pilates Stretch

11:15–12:15

Pilates Reformer
Multilevel

11:15–12:15

Pilates Mat

12:30–13:30

Pilates
Equipment Mix

13:45–14:45

Pilates Reformer
Basic

11:00–12:00

Cantonese
Pilates Reformer
Multilevel

13:30–14:30

Cantonese
Pilates Mat

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