



PILATES EDGE  
FITNESS · WELLNESS

**Group Class Timetable**

Floor-based Group Class  
Equipment-based Group Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am						
11:00am	10:15-11:15 Pilates Barre	10:15-11:15 Pilates Reformer Basic		10:00-11:00 Pilates Reformer/Tower Combo		10:00-11:00 Pilates Stretch 10:00-11:00 Pilates Reformer Multilevel
12:00pm			11:15-12:15 Pilates Reformer Basic – Cantonese-only			11:15-12:15 Pilates Mat 11:15-12:15 Pilates Reformer Basic
1:00pm	12:30-13:30 Pilates Reformer Intermediate	12:30-13:30 Pilates Mat – Cantonese-only	12:30-13:30 Pilates Suspend	12:30-13:30 Pilates Equipment Mix	13:15-14:15 Pilates Reformer Multilevel – Cantonese-only	12:30-13:30 Pilates Suspend 12:30-13:30 Pilates Equipment Mix
2:00pm	13:45-14:45 Pilates Reformer Basic	13:40-14:40 Pilates Reformer Basic – Cantonese-only		13:45-14:45 Pilates Reformer Basic		13:45-14:45 Pilates Reformer Basic
3:00pm			15:00-16:00 Pilates Equipment Mix			<b>Sunday</b> 11:00-12:00 Pilates Reformer Multilevel – Cantonese-only
4:00pm					15:15-16:15 Pilates Reformer Basic – Cantonese-only	11:00-12:00 Pilates Mat
5:00pm					16:15-17:15 Pilates Reformer Basic – Cantonese-only	13:30-14:30 Pilates Mat – Cantonese-only
7:00pm						
8:00pm	19:30-20:30 Pilates Mat – Cantonese- only	19:30-20:30 Pilates Reformer/ Tower Combo	19:30-20:30 Pilates Reformer Basic		19:35-20:35 Pilates Reformer Basic – Cantonese- only	
9:00pm	20:35-21:35 Pilates Reformer Basic – Cantonese-only	20:35-21:35 Pilates Reformer Intermediate		20:40-21:40 Pilates Reformer Basic – Cantonese-only		

**All group classes are for females only. Class times may change or classes may cancel without prior notice.**