

# Weekly Group Class Schedule

Equipment-based Class

Mat-based Class

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

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