

this week at the *studio*.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
06:00 – 07:00	● Large Equipment Reformer · Chair · Towers · Myrren		● Large Equipment Reformer · Chair · Towers · Aurelie ● Large Equipment Reformer · Chair · Towers · Andriesa		● Large Equipment Reformer · Chair · Towers · Aurelie
07:00 – 08:00	● Large Equipment Reformer · Chair · Towers · Aurelie		● Mat Pilates Various small equipment · Myrren		● Large Equipment Reformer · Chair · Towers · Myrren
08:00 – 09:00		● Large Equipment Reformer · Chair · Towers · Myrren			● Large Equipment Reformer · Chair · Towers · Aurelie ● Large Equipment Reformer · Chair · Towers
09:00 – 10:00	● Large Equipment Reformer · Chair · Towers · Aurelie				
15:30 – 16:30					● Large Equipment Reformer · Chair · Towers · Instructors rotate
16:00 – 17:00	● Large Equipment Reformer · Chair · Towers · Myrren ● Mat Pilates Various small equipment · Aurelie	■ Kiddies Pilates Mat and Reformer · 45 min	● Large Equipment Reformer · Chair · Towers · Myrren	● Large Equipment Reformer · Chair · Towers · Aurelie	
16:30 – 17:30					● Large Equipment Reformer · Chair · Towers · Instructors rotate
17:00 – 18:00	● Large Equipment Reformer · Chair · Towers · Myrren	● Large Equipment Reformer · Chair · Towers · Aurelie ● Mat Pilates Various small equipment · Myrren		● Large Equipment Reformer · Chair · Towers · Aurelie	
18:00 – 19:00	● Large Equipment Reformer · Chair · Towers · Myrren		● Large Equipment Reformer · Chair · Towers · Aurelie	● Large Equipment Reformer · Chair · Towers · Myrren	
OPERATING HOURS	06:00 – 19:00	06:00 – 19:00	06:00 – 19:00	06:00 – 19:00	06:00 – 17:30