

# GROUP CLASS SCHEDULE

(COVID-19 COMPLIANT)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08h30 to 09h30		<b>PILATES</b> Large Equipment (Reformer, Chair & Towers)  Andriesa (Max 4 People)	<b>YOGA</b> VINYASA & HATHA (alternating)  Sonja (Max 4 People)		<b>PILATES</b> Mat & Small Equipment  Andriesa (Max 4 People)	
17h00 to 18h00	<b>PREGGY YOGA</b>  Sonja (Max 4 People)			<b>PREGGY PILATES</b> Mat & Small Equipment  Andriesa (Max 4 People)		
18h00 to 19h00	<b>YOGA</b> VINYASA & HATHA (alternating)  Sonja (Max 4 People)	<b>PILATES</b> Mat & Small Equipment  Tash (Max 4 People)	<b>PILATES</b> Large Equipment (Reformer, Chair & Towers)  Tash (Max 4 People)	<b>PILATES</b> Mat & Small Equipment  Seugnette (Max 4 People)		
<b>PRIVATE CLASSES:</b> Booked during these trading hours:	08h00 to 11h30 & 14h00 to 19h00	07h00 to 11h30 & 15h00 to 19h00	07h00 to 11h30 & 14h00 to 19h00	07h00 to 11h30 & 15h00 to 19h00	08h00 to 13h00	08h00 to 11h30