

IN-STUDIO CLASS SCHEDULE – 2022

(COVID-19 COMPLIANT)

For **PRIVATE** (One-on-One) or **FAMILY ONLINE** classes contact the studio on: info@pilatesdynamics.co.za

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08h00 to 09h00		PILATES Large Equipment (Reformer, Chair & Towers) Shenaaz (Max 5 people)			PILATES Mat & Small Equipment (SENIORS) Shenaaz (Max 8 people)	PILATES Mat & Small Equipment Shenaaz (Max 8 people)
08h30 to 09h30						
10h00 to 11h00						
16h00 to 16h45			PILATES KIDDIES Mat & Small Equipment Shenaaz (Max 8 people)			
17h00 to 18h00	VINYASA/ HATHA FUSION YOGA Radiyya (Max 8 people)	PILATES Large Equipment (Reformer, Chair & Towers) Andriesa (Max 5 people)	PILATES Mat & Small Equipment Shenaaz (Max 8 people)	PILATES Mat & Small Equipment Shenaaz (Max 8 people)		
18h00 to 19h00	PILATES Large Equipment (Reformer, Chair & Towers) Shenaaz (Max 5 people)	PILATES Mat & Small Equipment Andriesa (Max 8 people)	PILATES Large Equipment (Reformer, Chair & Towers) Andriesa (Max 5 people)	VINYASA/ HATHA FUSION YOGA Blandine Max 8 people)		
PRIVATE CLASSES & OPERATING TIMES:	07h00 to 19h00	07h00 to 19h00	07h00 to 19h00	07h00 to 19h00	07h00 to 13h00	08h00 to 11h00