

# IN-STUDIO GROUP & PRIVATE CLASS SCHEDULE – 2021

*(COVID-19 COMPLIANT)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08h00 to 09h00		<p style="text-align: center;"><b>PILATES</b> Large Equipment (Reformer, Chair &amp; Towers) Shenaaz (Max 5 people)</p>			<p style="text-align: center;"><b>PILATES</b> Mat &amp; Small Equipment Shenaaz (Max 8 people)</p>	
08h30 to 09h30						
10h00 to 11h00						
16h00 to 16h45			<p style="text-align: center;"><b>PILATES</b> KIDDIES Mat &amp; Small Equipment Shenaaz (Max 8 people)</p>			
17h00 to 18h00	<p style="text-align: center;"><b>VINYASA/ HATHA FUSION</b> <b>YOGA</b> Radiyya (Max 8 people)</p>	<p style="text-align: center;"><b>PILATES</b> Large Equipment (Reformer, Chair &amp; Towers) Andriesa (Max 5 people)</p>	<p style="text-align: center;"><b>PILATES</b> Mat &amp; Small Equipment Shenaaz (Max 8 people)</p>	<p style="text-align: center;"><b>PILATES</b> Mat &amp; Small Equipment Shenaaz (Max 8 people)</p>		
18h00 to 19h00	<p style="text-align: center;"><b>PILATES</b> Large Equipment (Reformer, Chair &amp; Towers) Shenaaz (Max 5 people)</p>	<p style="text-align: center;"><b>PILATES</b> Mat &amp; Small Equipment Andriesa (Max 8 people)</p>	<p style="text-align: center;"><b>PILATES</b> Large Equipment (Reformer, Chair &amp; Towers) Andriesa (Max 5 people)</p>	<p style="text-align: center;"><b>VINYASA/ HATHA FUSION</b> <b>YOGA</b> Blandine (Max 8 people)</p>		
<b>PRIVATE CLASSES &amp; OPERATING TIMES:</b>	07h00 to 19h00	07h00 to 19h00	07h00 to 19h00	07h00 to 19h00	07h00 to 13h00	08h00 to 11h00

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