

PILATES DYNAMICS IN-STUDIO GROUP & PRIVATE CLASS SCHEDULE – 2022

CONTACT DETAILS: 0729992229/0117925459 OR info@pilatesdynamics.co.za C/O 2 cnr NICOLYN & SILVERPINE AVE, RUITERHOF, RANDBURG

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06h00 to 07h00			ATHLETIC PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Shenaaz (Max 5 People)			
08h00 to 09h00		INTERMEDIATE PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Shenaaz (Max 5 people)			BEGINNER PILATES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people)	INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Instructors Rotate (Max 8 people)
09h00 to 10h00			INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people)			
15h00 to 15h45			PILATES KIDDIES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people)			
17h00 to 18h00		ATHLETIC PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Andriesa (Max 5 people)		INTERMEDIATE PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Andriesa (Max 5 people)		
				INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people)		
18h00 to 19h00	INTERMEDIATE PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Shenaaz	ATHLETIC PILATES MAT & SMALL EQUIPMENT Andriesa (Max 8 people)	ATHLETIC PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Andriesa (Max 5 people)	ATHLETIC PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Andriesa (Max 5 people)		
	INTERMEDIATE PILATES LARGE EQUIPMENT <i>(Reformer, Chair & Towers)</i> Andriesa (Max 5 people)		YOGA VINYASA/ HATHA FUSION Blandine (Max 8 people)	INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Andriesa (Max 8 people)		
PRIVATE CLASSES & OPERATING TIMES:	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 13h00	08h00 to 11h00