

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 (Reformer, Chair & Towers) Andriesa (Max 5 People) | | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 People) | |
| 08h00 to 09h00 | | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 people) | | | INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people) | INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Instructors Rotate (Max 8 people) |
| 09h00 to 10h00 | | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 People) | | | | |
| 15h00 to 15h45 | | | PILATES KIDDIES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people) | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 People) | | |
| 16h00 to 17h00 | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 people) | | | | | |
| 17h00 to 18h00 | | ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 people) | | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 people) | INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Shenaaz (Max 8 people) | |
| 18h00 to 19h00 | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz <hr/> INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 people) | ATHLETIC PILATES MAT & SMALL EQUIPMENT Andriesa (Max 8 people) | ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 people) | ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 people) | | |
| | | | INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Shenaaz (Max 5 people) | INTERMEDIATE PILATES MAT & SMALL EQUIPMENT Andriesa (Max 8 people) | | |
| | | | YOGA VINNYASA/ HATHA FUSION Blandine (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 |