

PILATES DYNAMICS IN-STUDIO GROUP CLASS SCHEDULE – 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
06h00 to 07h00	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 People)</p>	<p>INTERMEDIATE MAT PILATES ANDRIESA (Max 8 people)</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>		<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) Andriesa (Max 5 people)</p>
			<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 people)</p>		<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (MAX 5 PEOPLE)</p>
08h00 to 09h00		<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>			<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 People)</p>
					<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>
09h00 to 10h00	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 People)</p>		<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 People)</p>
					<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 People)</p>
15h00 to 15h45	<p>PILATES KIDDIES MAT & SMALL EQUIPMENT GABY (Max 8 people)</p>				
17h00 to 18h00	<p>INTERMEDIATE MAT PILATES CHRISTINE (Max 8 people)</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) CHARNI (Max 5 people)</p>	
			<p>PILATES BOUNCE & BARRE CHRISTINE (Max 8 people)</p>		
18h00 to 19h00	<p>INTERMEDIATE PILATES (Reformer, Chair & Towers) GABY</p>	<p>INTERMEDIATE PILATES (Reformer, Chair & Towers) ANDRIESA</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) CHARNI (Max 5 people)</p>	
	<p>PILATES BOUNCE & BARRE ANDRIESA (Max 8 people)</p>				
PRIVATE CLASSES & OPERATING TIMES:	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 13h00