

**PILATES DYNAMICS IN-STUDIO GROUP CLASS SCHEDULE – 2024**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
06h00 to 07h00	<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (Max 5 People)		<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 people)		<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 people)	
			<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (Max 5 people)		<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (MAX 5 PEOPLE)	
08h00 to 09h00	<b>BEGINNER PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 people)	<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> ANDRIESA (Max 5 people)	<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (Max 5 people)		<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (Max 5 People)	
					<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY [Max 5 people]	
09h00 to 10h00	<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 people)		<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 People)		<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> GABY (Max 5 People)	YOGA VINYASA/HATHA NIROSHA (Max 8 people)
					<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 People)	
15h00 to 15h45	<b>PILATES</b> <b>KIDDIES MAT &amp; SMALL EQUIPMENT</b> GABY (Max 8 people)					
17h00 to 18h00	<b>INTERMEDIATE MAT PILATES</b> LINDSAY (Max 8 people)	<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY (Max 5 people)	<b>INTERMEDIATE MAT PILATES</b> LINDSAY (Max 8 people)	<b>INTERMEDIATE PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> CHARNI (Max 5 people)		
18h00 to 19h00	<b>INTERMEDIATE PILATES</b> <b>(Reformer, Chair &amp; Towers)</b> LINDSAY	<b>INTERMEDIATE PILATES</b> <b>(Reformer, Chair &amp; Towers)</b> ANDRIESA	<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> ANDRIESA (Max 5 people)	<b>ATHLETIC PILATES</b> <b>LARGE EQUIPMENT</b> <b>(Reformer, Chair &amp; Towers)</b> CHARNI (Max 5 people)		
	<b>INTERMEDIATE PILATES</b> <b>(Reformer, Chair &amp; Towers)</b> GABY	<b>INTERMEDIATE MAT PILATES</b> LINDSAY (Max 8 people)	YOGA VINYASA/HATHA NIROSHA (Max 8 people)			
<b>PRIVATE CLASSES &amp; OPERATING</b> <b>TIMES:</b>	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 13h00	