

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>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) LINDSAY (Max 5 people)</p>		<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (MAX 5 PEOPLE)</p>
			<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 people)</p>		
08h00 to 09h00	<p>BEGINNER PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) LINDSAY (Max 5 people)</p>	<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>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) GABY (Max 5 People)</p>
09h00 to 10h00	<p>INTERMEDIATE PILATES REFORMER, CHAIR & TOWERS LINDSAY</p>	<p>BEGINNER MAT PILATES ANDRIESA (Max 8 people)</p>	<p>INTERMEDIATE PILATES Reformer, Chair & Towers LINDSAY</p>	<p>BEGINNER MAT PILATES CARLA (Max 8 people)</p>	<p>BEGINNER MAT PILATES CARLA (Max 8 people)</p>
	<p>BEGINNER PILATES REFORMER, CHAIR & TOWERS ANDRIESA</p>				<p>BEGINNER PILATES (Reformer, Chair & Towers) GABY (Max 5 People)</p>
10h00 to 11h00			<p>INTERMEDIATE MAT PILATES KIRSTEN (Max 8 people)</p>		
16h00 to 17h00			<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>		
17h00 to 18h00	<p>INTERMEDIATE MAT PILATES LINDSAY (Max 8 people)</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) LINDSAY (Max 5 people)</p>	<p>BEGINNER MAT PILATES CARLA (Max 8 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>	
	<p>BEGINNER PILATES LARGE EQUIPMENT REFORMER, CHAIR & TOWERS ANDRIESA (Max 5 people)</p>	<p>INTERMEDIATE PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) ANDRIESA (Max 5 people)</p>			
18h00 to 19h00	<p>INTERMEDIATE PILATES (Reformer, Chair & Towers) LINDSAY</p>	<p>BEGINNER PILATES (Reformer, Chair & Towers) ANDRIESA</p>	<p>ATHLETIC PILATES LARGE EQUIPMENT (Reformer, Chair & Towers) LINDSAY (Max 5 people)</p>	<p>ATHLETIC 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 MAT PILATES LINDSAY (Max 8 people)</p>			
PRIVATE CLASSES & OPERATING TIMES:	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 19h00	06h00 to 13h00