

THE PILATES WORKS (Holland Studio) CLASS SCHEDULE

Last updated in APRIL 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Beginners 8:30am	Level 2 8:45am	Level 1 8:30am				Level 1 8:15am	Level 1 8:30am	Beginners 8:30am		Level 1 8:00am			
Beginners 9:30am		Customized Group 9:30am		Level 1 9:00am		Level 1 9:15am	Beginners 9:30am	Customized Group 9:30am		Beginners 9:00am		Customized Group 9:00am	
Level 1 10:00am	Level 1 10:30am	Level 1 10:30am	Level 2 10:30am	Level 1 10:00am	Level 2 10:00am	Level 2 10:15am		Level 1 10:30am		Level 1 10:00am			
Customized Group 11:30am	Pilates for Seniors 11:30am	Beginners 11:30am		Beginners 11:15am		Level 1 11:30am		Beginners 11:30am		Level 1 11:00am		Level 2 11:00am	
Level 1 12:30pm				Level 1 12:30pm				Level 1 12:30pm		Customized Group 12:00pm		Level 1 12:00pm	
						Pilates for Seniors 3:30pm				Beginners 2:30pm		Beginners 2:45pm	
Level 1 4:00pm				Customized Group 4:30pm				Customized Group 4:30pm		Level 1 3:30pm		Beginners 3:45pm	
Customized Group 5:30pm		Level 1 5:30pm		Beginners 5:45pm		Customized Group 5:30pm						Level 1 4:45pm	
Beginners 6:45pm	Level 1 6:45pm	Customized Group 6:30pm		Beginners 6:45pm	Level 1 6:45pm	Beginners 6:45pm	Level 1 6:45pm	Beginners 6:30pm	Level 1 6:30pm				
Beginners 7:45pm	Level 2 7:45pm	Beginners 7:45pm	Level 1 7:45pm	Customized Group 7:45pm		Level 1 7:45pm							
Level 1 8:45pm		Level 1 8:45pm		Beginners 8:45pm		Level 2 8:45pm							

* A minimum of 24hours notice must be given for all cancellations. If not, it will be considered as a lesson attended.

* Classes may change due to unforeseen circumstances.

* Appointment booking is required for all classes.

* Level 1 - Intermediate Level 2 - Advanced