

THE PILATES WORKS (Parkway Parade Branch) CLASS SCHEDULE

Last updated in July 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00am	Allegro Level 1	Allegro Beginners	Allegro Level 1	Allegro Beginners	Allegro Level 1	Allegro Beginners 8:30am & 9:30am	
10:00 - 11:00am	Allegro Beginners	Allegro Level 1	Allegro Beginners	Allegro Level 1	Allegro Beginners	Allegro Level 1 10:30am	
11:00 - 12:00pm							Allegro Level 1 11:30am
12:30 - 1:30pm	Allegro Beginners 12:15pm		Allegro Level 1 12:00pm		Allegro Beginners 12:00pm		
2:30 - 3:30pm						Allegro Beginners	Allegro Beginners 1:30pm
3:30 - 4:30pm						Allegro Level 1	
6:45 - 7:45pm	Allegro Level 1	Allegro Beginners	Allegro Level 1	Allegro Beginners	Allegro Beginners		
7:45 - 8:45pm	Allegro Beginners	Allegro Level 2	Allegro Beginners	Allegro Level 2	Customised Group		
8:45 - 9:45pm							

* 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