



Time	Monday	Tuesday	Wednesda
12pm		Reformer Pilates	
12:30pm			
1pm	HIIT	Functional Strength	Reformer Pilates
5.15pm	Reformer Pilates		
5.45pm		Yoga* *Starts March 5th	
<u> </u>			
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Group Fitness Timetable

Thursday V

Friday

Reformer Pilates

Cardio - X



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