

NEW REFORMER PILATES SCHEDULE

LAUNCHING 7TH SEPTEMBER

TUESDAY

AFTERNOONS

4:30PM, 5:15PM & 6:00PM



WEDNESDAY

MORNINGS

**5:30AM, 6:15AM, 7:00AM, 7:45AM,
8:30AM, 9:15AM & 10:00AM**



THURSDAY

AFTERNOONS

4:30PM, 5:15PM & 6:00PM



FRIDAY

MORNINGS

**5:30AM, 6:15AM, 7:00AM, 7:45AM,
8:30AM, 9:15AM & 10:00AM**



BOOKINGS NOW OPEN VIA YOUNG 4 LIFE & MINDBODY APPS