

2019 PILATES TIMETABLE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.00			Reformer - Vanessa	Reformer - Vanessa	Reformer - Vanessa	Reformer - Nathalia
	6.30						
	7.00	Physio w/ Exercise - Rocio		Reformer - Vanessa	Reformer - Vanessa	Reformer - Vanessa	Reformer - Nathalia
	7.30						Reformer - Vanessa
	8.00	Physio w/ Exercise - Rocio		Reformer - Vanessa	1 on 1 Pilates - Rocio	Reformer - Vanessa	Reformer - Nathalia
	8.30					Physio w/ Exercise - Sue	Reformer - Vanessa
	9.00	Physio w/ Exercise - Rocio		Physio w/ Exercise - Sue	1 on 1 Reformer - Vanessa	Physio w/ Exercise - Sue	Reformer - Nathalia
	9.30				Physio w/ Exercise - Rocio	Reformer - Vanessa	Reformer - Vanessa
	10.00	Physio w/ Exercise - Rocio		Physio w/ Exercise - Sue		Physio w/ Exercise - Sue	1 on 1 Pilates - Viki
	10.30				Reformer - Vanessa		Reformer - Vanessa
PM	11.00	Physio w/ Exercise - Rocio	Physio w/ Exercise - Sue	Physio w/ Exercise - Rocio	Physio w/ Exercise - Sue	Physio w/ Exercise - Viki	Reformer - Vanessa
	11.30						
	12.00		Physio w/ Exercise - Sue			Physio w/ Exercise - Viki	Reformer - Vanessa
	12.30	Physio w/ Exercise - Dianna			Physio w/ Exercise - Sue		
	1.00			Physio w/ Exercise - Rocio		Physio w/ Exercise - Viki	
	1.30	Physio w/ Exercise - Dianna	Physio w/ Exercise - Sue		Physio w/ Exercise - Sue		
	2.00					Physio w/ Exercise - Viki	
	2.30	Physio w/ Exercise - Dianna	Physio w/ Exercise - Sue		Physio w/ Exercise - Sue	1 on 1 Pilates - Viki	
	3.00						1 on 1 Pilates - Viki
	3.30	Physio w/ Exercise - Viki	Physio w/ Exercise - Viki		Physio w/ Exercise - Viki		
	4.00				Reformer - Mary		
	4.30					Physio w/ Exercise - Viki	
	5.00	Physio w/ Exercise - Viki	Physio w/ Exercise - Viki		Reformer - Mary		
	5.30					Physio w/ Exercise - Viki	
	6.00	Physio w/ Exercise - Viki	Physio w/ Exercise - Viki		Reformer - Mary		
	6.30					Physio w/ Exercise - Viki	
	7.00	Physio w/ Exercise - Viki	Physio w/ Exercise - Viki		Reformer - Mary		
	7.30						
	8.00						

Timetable Effective: 04.01.2019