

Pilates on Point

WEEKLY SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
5:45am <i>Dynamic</i>	5:45am <i>Dynamic</i>	5:45am <i>Dynamic</i>	5:45am <i>Dynamic</i>	5:45am <i>Dynamic</i>		
	6:45am <i>Dynamic</i>		6:45am <i>Foundations</i>		7:45am <i>Foundations</i>	
	9:30am <i>Dynamic</i>		9:30am <i>Foundations</i>		8:45am <i>Foundations</i>	
					9:45am <i>Mums, Bubs + Bumps</i>	9:45am <i>Dynamic</i>
					10:45am <i>Dynamic</i>	10:45am <i>Restore</i>
12:30pm <i>Dynamic</i>		12:30pm <i>Restore</i>	12:30pm <i>Dynamic</i>	12:30pm <i>Dynamic</i>		
	3:45pm <i>Youth</i>			3:45pm <i>Youth</i>		
4:45pm <i>Dynamic</i>	4:45pm <i>Dynamic</i>	4:45pm <i>Dynamic</i>	4:45pm <i>Dynamic</i>	4:45pm <i>Dynamic</i>		
5:45pm <i>Foundations</i>	5:45pm <i>Dynamic</i>	5:45pm <i>Dynamic</i>	5:45pm <i>Restore</i>			
		6:45pm <i>Restore</i>				