

POINTE PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6am	Reformer Veronique	Power Reformer Nathalia	Reformer Natise	Reformer Simone	Reformer Nathalia	6.30	Power Reformer Veronique	
7am	Reformer Veronique	Reformer Nathalia	Stretch & Restore Natise	Reformer Simone	Reformer Veronique	7.30	Reformer Veronique	Stretch & Restore Veronique
8am	Beginner Reformer Veronique				Reformer Veronique	8.30	Reformer Veronique	Reformer Veronique
9.15am	Reformer Veronique	Barre Nathalia	Power Reformer Veronique	Beginner Reformer Veronique	Reformer Veronique	9.30	Beginner Reformer Veronique	
10.30am	Mums & Bubs Veronique		Mums & Bubs Veronique					
1pm	Reformer Veronique		Reformer Veronique	Reformer Veronique	Reformer Veronique	** For latest session times, please refer to our online timetable**		
4.30pm	Reformer Nathalia	Reformer Nathalia	Beginner Reformer Veronique	Power Reformer Nathalia				
5.30	Barre Nathalia	Reformer Nathalia	Reformer Veronique	Reformer Nathalia				