

POINTE PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
06.00	Studio Veronique	Power Reformer Natise	Reformer Tayla	Studio Simone	Reformer Veronique	06.30	Power Reformer Veronique	
07.00	Studio Veronique	Reformer Natise	Stretch & Restore Tayla	Studio Simone	Reformer Veronique	07.30	Reformer Veronique	Stretch & Restore Veronique
08.00	Beginner Reformer Veronique	Reformer Natise	Reformer Tayla	Studio Simone	Reformer Veronique	08.30	Reformer Veronique	Reformer Veronique
09.15	Reformer Veronique	Reformer Natise	Beginner Reformer Veronique	Studio Veronique	Reformer Tayla	09.30	Beginner Reformer Veronique	
10.30	Mums & Bubs Veronique		Mums & Bubs Veronique			Studio: Equipment of Tower, Reformer & Mat work		
13.00	Reformer Veronique	Reformer Tayla	Reformer Veronique	Studio Veronique	Reformer Tayla	** For latest session times, please refer to our online timetable** ** Studio denotes use of Tower, Mat or Reformer at the discretion of the Instructor. Private classes available outside timetabled classes		
16.30	Reformer Tayla	Studio Simone/Nathalia	Reformer Veronique	Studio Nathalia				
17.30	Reformer Tayla	Studio Simone/Nathalia		Studio Nathalia				