

POINTE PILATES TIMETABLE

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