

POINTE PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
05.00	REFORMER Simone		REFORMER Veronique			06.30	HIIT Tayla	
06.00	ALIGN Simone	REFORMER Celine	HIIT Veronique	REFORMER Tayla	STUDIO Veronique	07.30	REFORMER Tayla	REFORMER Veronique
07.00	REFORMER Simone	REFORMER Celine	ALIGN Veronique	REFORMER Tayla	STUDIO Veronique	07.30	REFORMER Tayla	REFORMER Veronique
08.00	FUNDAMENTAL Simone	LOWER BODY BURN Celine	REFORMER Veronique	LOWER BODY BURN Tayla	STUDIO Veronique	09.30	FUNDAMENTAL Tayla	
09.15	REFORMER Veronique	REFORMER Celine	FUNDAMENTAL Veronique	REFORMER Tayla	STUDIO Veronique	Studio denotes use of Tower, Reformer & Mat work at the instructors' discretion		
13.00	REFORMER Veronique		REFORMER Veronique		REFORMER Tayla	** For latest session times, please refer to our online timetable** Private classes available outside timetabled classes		
16.30	HIIT Tayla	REFORMER Veronique	REFORMER Celine	STUDIO Veronique	REFORMER Tayla			
17.30	REFORMER Tayla	MENS REFORMER Veronique	REFORMER Celine	STUDIO Veronique	ALIGN Tayla			
18.30		ALIGN Veronique		FUNDAMENTAL Veronique				