



Timetable 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM		Mummy Progressive Pilates			Mummy Progressive Pilates
10:00 AM	Mummy Bootcamp Workshop	Mummy Pilates Intro Series			Mummy Progressive Pilates
11:00 AM	Move Mummy Move	Mummy Progressive Pilates			Pregnancy Pilates & Stretch
12:00 PM					
1:00 PM		Mummy Progressive Pilates			
2:00 PM					
5:30 PM		Pregnancy Pilates & Stretch		Pregnancy Circuit	
6:30 PM		Pregnancy Pilates & Stretch		Pregnancy Pilates & Stretch	
7:30 PM		Mummy Progressive Pilates		Mummy Progressive Pilates	