

Pilates RX Classes @ Lavender Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	
7:30	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	
8:30	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Instructor-Led Classes
9:30	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	
10:30	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	
11:30	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Instructor-Led Classes	
12:30	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1		
13:30	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1	Full Body Level 2	
14:30	Stretch and Strength	Full Body Level 1	Full Body Level 2	Stretch and Strength		Full Body Level 2	Stretch and Strength
15:30	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1		Stretch and Strength	Full Body Level 1
16:30	Full Body Level 1	Full Body Level 2	Stretch and Strength	Full Body Level 1		Stretch and Strength	Full Body Level 1
17:30						Stretch and Strength	Full Body Level 1
18:30	Instructor-Led Classes					Full Body Level 1	Full Body Level 2
19:30						Full Body Level 1	Full Body Level 2
20:30						Full Body Level 1	Full Body Level 2
21:30						Full Body Level 2	Stretch and Strength

RX Classes

timetable subject to changes