



Q Pilates

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30		6:30 to 7:15 BODY TONE		6:30 to 7:15 BODY TONE	6:30 to 7:15 BODY TONE	
6:45						
7:00						7:00 to 7:45 BODY TONE
7:15						
7:30						
7:45						
8:00						8:00 to 8:45 BODY TONE
8:15	8:15 to 9:00 BODY TONE	8:15 to 9:00 BODY TONE		8:15 to 9:00 BODY TONE		
8:30						
8:45						
9:00	9:00 to 10:00 GROUP REHAB	9:00 to 10:00 CLINICAL		9:00 to 10:00 CLINICAL	9:00 to 10:00 GROUP REHAB	9:00 to 10:00 CLINICAL
9:15						
9:30						
9:45						
10:00	10:00 to 11:00 CLINICAL		10:00 to 11:00 CLINICAL		10:00 to 11:00 CLINICAL	10:00 to 10:30 BT ORIENTATION
10:15						
10:30						
10:45						

16:00	4:00 to 5:00 CLINICAL					
16:15						
16:30		4:30 to 5:15 BODY TONE	4:30 to 5:30 CLINICAL	4:30 to 5:30 CLINICAL		
16:45						
17:00						
17:15						
17:30	5:30 to 6:15 BODY TONE	5:30 to 6:30 CLINICAL	5:30 to 6:15 BODY TONE	5:30 to 6:15 BODY TONE		
17:45						
18:00						
18:15						
18:30	6:30 to 7:15 BODY TONE					
18:45						
19:00						
19:15						