



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 9:00 CLINICAL | 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 GROUP REHAB | 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 MAT PILATES | 10:00 to 11:00 CLINICAL | 10:00 to 11:00 MAT PILATES | | 10:00 to 10:30 BT ORIENTATION |
| 10:15 | | | | | | |
| 10:30 | | | | | | |
| 10:45 | | | | | | |

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