



Q Pilates

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30		6:30 to 7:15 BODYTONE		6:30 to 7:15 BODYTONE	6:30 to 7:15 BODYTONE	
6:45						
7:00						7:00 to 7:45 BODYTONE
7:15						
7:30						
7:45						
8:00			8:00 to 9:00 CLINICAL		8:00 to 9:00 CLINICAL	8:00 to 8:45 BODYTONE
8:15	8:15 to 9:00 BODYTONE	8:15 to 9:00 BODYTONE		8:15 to 9:00 BODYTONE		
8:30						
8:45						
9:00	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	9:00 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 MAT PILATES		
10:15						
10:30						10:30 to 11:00 BT ORIENTATION
10:45						
11:00	11:00 to 12:00 GROUP REHAB					
11:15						
11:30						
11:45						

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