



# Q Pilates

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

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