OM.IN.MOVEMENT

NEW TIMETABLE

FROM 7 SEPTEMBER

NEW CLASSES | NEW TIMES | MORE WAYS TO MOVE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 am	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER JUMPBOARD	REFORMER PILATES	
7:00 - 7:45 am	DYNAMIC REFORMER & MAT	REFORMER PILATES	YOGA	REFORMER JUMPBOARD	DYNAMIC REFORMER & MAT	YOGA
8:30 - 9:15 am	REFORMER PILATES	MAT PILATES	BLEND REFORMER / STRETCH	REFORMER JUMPBOARD	BLEND REFORMER / STRETCH	BLEND REFORMER / STRETCH
9:15 - 10:00 am	ACTIVE AGE REFORMER			REFORMER JUMPBOARD	REFORMER PILATES	
4:00 - 4:45 pm	MAT PILATES	DYNAMIC REFORMER & MAT	MAT PILATES	REFORMER JUMPBOARD	REFORMER PILATES	
5:00 - 5:45 pm	REFORMER PILATES	BLEND REFORMER / STRETCH	REFORMER PILATES	REFORMER JUMPBOARD	YOGA	

ALL CLASS TYPES ARE SUITABLE FOR ALL LEVELS - BEGINNERS TO ADVANCED

UNCONTROLLED WHEN PRINTED. REFER TO OUR WEBSITE FOR LATEST CLASS TIMES

30 CLASSES / WEEK
MONDAY - SATURDAY