



Wellington Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am	Pilates				Pilates		
7:00 AM	Online Mat Pilates	Online Mat Pilates	Online Mat Pilates	Online Mat Pilates			
8.30am							
9.30am						Pilates	Pilates
10.00am							
10.30am	Pilates	Pilates	Pilates	Reformer Rehab	Pilates	Online Mat Pilates	Pilates + Online Mat Pilates
11.30am							
12.30pm	Online Mat Pilates	Pilates + Online Mat Pilates	Pilates + Online Mat Pilates	Online Mat Pilates	Online Mat Pilates		
4.30pm							
5.30pm	Pilates	Pilates	Pilates	Pilates			
6.30pm	Pilates						
6.45pm							
7.15pm				Online Yoga Flow			

Pilates: classes are done on Pilates Reformer machines- 45 mins

Reformer Rehab: This is a specialty Reformer class specifically for clients suffering from lower back problems or pelvic floor issues-45 mins

Online Yoga Flow: Vinyasa style yoga where movements are synchronised with the breath. Called flow because of the smooth way the poses run together- 60 mins

Online Mat Pilates: Floor based pilates to increase strength - feel free to bring your own bands or weights (not mandatory)