



Wellington Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am	Pilates				Pilates		
9:30am						Pilates	Pilates
10:30am	Pilates	Pilates	Pilates	Reformer Rehab	Pilates		Pilates
11:30am							
12:30pm		Pilates	Pilates				
4:30pm							
5:30pm	Pilates	Pilates	Pilates	Pilates			
6:30pm	Pilates			Pilates			

Pilates: classes are done on Pilates Reformer machines

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