

SCHEDULE



TIME	MON	TUE	WED	THU	FRI	SAT
07:00 – 07:50	PILATES REFORMER	PILATES REFORMER & LAGREE FITNESS (7:10)	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER & LAGREE FITNESS (7:10)	
08:00 – 08:50	PILATES REFORMER & LAGREE FITNESS (8:10)	PILATES REFORMER & STRENGTH WORKOUT	PILATES REFORMER & LAGREE FITNESS	PILATES REFORMER	PILATES REFORMER & STRETCHING & LAGREE FITNESS (8:10)	PILATES REFORMER & LAGREE FITNESS
09:00 – 9:50	PILATES REFORMER & LAGREE FITNESS (9:10)	PILATES REFORMER & TOTAL BODY WORKOUT	PILATES REFORMER & LAGREE FITNESS	PILATES REFORMER	PILATES REFORMER & LAGREE FITNESS (9:10)	PILATES REFORMER & GLUTES WORKOUT
10:00 – 11:50	PILATES REFORMER	PILATES REFORMER & STRETCHING		PILATES REFORMER	PILATES REFORMER	PILATES REFORMER & CIRCUIT TRAINING
11:00 – 12:00						PILATES REFORMER & LAGREE FITNESS
12:00 – 13:00	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	STRETCHING
13:10 – 14:00	PILATES REFORMER & LAGREE FITNESS	PILATES REFORMER & STRENGTH WORKOUT	PILATES REFORMER & INTENSE WORKOUT	PILATES REFORMER & LAGREE FITNESS & GLUTES WORKOUT	PILATES REFORMER & STRENGTH WORKOUT	
14:10 – 15:00	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	
15:10 – 16:00	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	
16:10 – 17:00	PILATES REFORMER	PILATES REFORMER & LAGREE FITNESS	PILATES REFORMER	PILATES REFORMER & MAT PILATES	PILATES REFORMER	
17:10 – 18:00	PILATES REFORMER & LAGREE FITNESS	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER & STRETCHING	PILATES REFORMER	
18:10 – 19:00	PILATES REFORMER & LAGREE FITNESS & INTENSE WORKOUT	PILATES REFORMER & TOTAL BODY WORKOUT	PILATES REFORMER & GLUTES WORKOUT	PILATES REFORMER & GLUTES WORKOUT	PILATES REFORMER	
19:10 – 20:00	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER & MAT PILATES	PILATES REFORMER	
20:10 – 21:00	PILATES REFORMER		PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	