



STUDIO TIMETABLE – SMEATON GRANGE

Group Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	7:30AM Reformer	6:00AM Reformer	6:00AM Reformer	8:30AM Reformer	6:00AM Reformer	7:30AM Reformer	7:30AM Reformer
	8:30AM Reformer	7:00AM Reformer	7:00AM Reformer	9:30AM Reformer	7:00AM Reformer	8:30AM Reformer	8:30AM Reformer
	9:30AM Reformer	8:30AM Reformer	8:30AM Reformer		8:00AM Reformer	9:30AM Reformer	9:30AM Reformer
		9:30AM Reformer			9:30AM Reformer	10:30AM Pre-Pilates	

PM	5:00PM Reformer	5:30PM Pre-Pilates	5:30PM Pre/Post Natal	5:30PM Reformer			
	6:00PM Reformer	6:30PM Reformer	6:30PM Reformer	6:30PM Reformer			
	7:00PM Reformer	7:30PM Reformer	7:30PM Reformer	7:30PM Reformer			

Semi Private Sessions							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		7:30AM Semi Private	9:30AM Semi Private	10:30AM Semi Private Offpeak	8:30AM Semi Private	7:30AM Semi Private	
		11:00AM Semi Private					

PM	4:00PM Semi Private	6:30PM Semi Private	12:00PM Semi Private Offpeak	5:00PM Semi Private			
	5:00PM Semi Private	7:30PM Semi Private	5:30PM Semi Private	6:00PM Semi Private			
	6:00PM Semi Private		6:30PM Semi Private				
	7:00PM Semi Private		7:30PM Semi Private				