



## SKELETON TIMETABLE – SMEATON GRANGE

Week 1 - Tuesday 4<sup>th</sup> to Sunday 9<sup>th</sup> January

Group Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>		8:30AM Reformer	7:00AM Reformer	8:30AM Reformer	9:30AM Reformer	7:30AM Reformer	8:30AM Reformer
		9:30AM Reformer	8:30AM Reformer	9:30AM Reformer		9:30AM Reformer	9:30AM Reformer

<b>PM</b>		6:30PM Reformer	5:30PM Pre/Post Natal	5:30PM Reformer			
		7:30PM Reformer	6:30PM Reformer	6:30PM Reformer			
			7:30PM Reformer				

Semi Private Sessions							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>				10:30AM Semi Private	8:30AM Semi Private	8:30AM Semi Private	

<b>PM</b>			5:30PM Semi Private	5:00PM Semi Private			
			6:30PM Semi Private	6:00PM Semi Private			

# SKELETON TIMETABLE – SMEATON GRANGE

Week 2 - Monday 10<sup>th</sup> to Sunday 16<sup>th</sup> January

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

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				

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

PM	4:00PM Semi Private	6:30PM Semi Private	12:00PM Semi Private	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				

# SKELETON TIMETABLE – SMEATON GRANGE

Week 3 - Monday 17<sup>th</sup> to Sunday 23<sup>rd</sup> January

Group Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	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		9:30AM Reformer	9:30AM Reformer	9:30AM Reformer
		9:30AM Reformer				10:30AM Pre-Pilates	

<b>PM</b>	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
<b>AM</b>		7:30AM Semi Private	9:30AM Semi Private	10:30AM Semi Private	8:30AM Semi Private	7:30AM Semi Private	
		11:00AM Semi-Private	10:30AM Semi-Private				

<b>PM</b>	4:00PM Semi Private	6:30PM Semi Private	12:00PM Semi Private	5:00PM Semi Private			
	5:00PM Semi Private	7:30PM Semi Private		6:00PM Semi Private			
	6:00PM Semi Private						
	7:00PM Semi Private						

# SKELETON TIMETABLE – SMEATON GRANGE

Week 4 - Monday 24<sup>th</sup> to Sunday 30<sup>th</sup> January

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

<b>PM</b>	5:00PM Reformer	5:30PM Pre-Pilates		5:30PM Reformer			
	6:00PM Reformer	6:30PM Reformer		6:30PM Reformer			
	7:00PM Reformer	7:30PM Reformer		7:30PM Reformer			

Semi Private Sessions							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>		7:30AM Semi Private		10:30AM Semi Private	8:30AM Semi Private	7:30AM Semi Private	
		11:00AM Semi-Private					

<b>PM</b>	4:00PM Semi Private	6:30PM Semi Private		5:00PM Semi Private			
	5:00PM Semi Private	7:30PM Semi Private		6:00PM Semi Private			
	6:00PM Semi Private						
	7:00PM Semi Private						