



## STUDIO TIMETABLE – SMEATON GRANGE

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	9:30AM Reformer		8:00AM Reformer	9:30AM Reformer	9:30AM Reformer
		9:30AM Reformer			9:30AM Reformer	10:30AM Pre-Pilates	10:30AM Pre-Pilates

<b>PM</b>	5:00PM Reformer	5:00PM Reformer	5:00PM Reformer	4:30PM Slow & Go			
	6:00PM Reformer	5:30pm Reformer	5:30pm Reformer	6:30PM Reformer			
	7:00PM Reformer	6:00PM Reformer	6:30PM Reformer	7:00PM Reformer			
		6:30pm Reformer	7:30PM Reformer	7:30pm 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	9:30AM Semi Private	10:30AM Semi Private Offpeak	8:30AM Semi Private	7:30AM Semi Private	
		11:00AM Semi Private Offpeak	10:30AM Semi Private Offpeak		9:30AM Semi Private	8:30AM Semi Private	
					10:30am Semi Private Offpeak		

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