

# GREENWOOD TIMETABLE

	M	Tu	W	Th	F	S	Su
<b>6:00AM</b>	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins		
<b>7:00AM</b>	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	
<b>8:00AM</b>		Foundation 45 mins		Foundation 45 mins		Reformer Pilates 45 mins	YIN Yoga 60 mins
<b>9:00AM</b>	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins
<b>10:00AM</b>	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Mums n Bubs Reformer 45 mins		Reformer Pilates 45 mins		Reformer Pilates 45 mins
<b>4:30PM</b>	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins			<b>ONCE PER MONTH</b> <b>SOUND HEALING</b> <b>SAT or SUN TBC</b> <b>60 mins</b>
<b>5:30PM</b>	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			
<b>6:30PM</b>	Reformer Pilates 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins	YIN Yoga 60 mins			

Class bookings required through the App  
 -Search Awaken Pilates and Yoga in the App Store



\*Timetable subject to change