

GREENWOOD TIMETABLE

	M	Tu	W	Th	F	S	Su
6:00AM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins		
7:00AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	
8:00AM		Foundation 45 mins		Foundation 45 mins		Reformer Pilates 45 mins	YIN Yoga 60 mins
9:00AM	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
10:00AM	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Mums n Bubs Reformer 45 mins		Reformer Pilates 45 mins		Reformer Pilates 45 mins
4:30 PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins			
5:30 PM	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			
6:30 PM	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