

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	Yoga VINYASA 60 mins	Reformer Pilates 45 mins		Reformer Pilates 45 mins
4:30PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins			ONCE PER MONTH SOUND HEALING SAT or SUN TBC 60 mins
5:30PM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			
6:30PM	Mat Pilates 45 mins	Reformer 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