MINDARIE TIMETABLE

	M	Tu	W	Th	F	S	Su
6:00AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins		
7:00AM	Foundations 45 mins	Stretch Reformer 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga YIN 50 mins
8:00AM	Reformer Pilates 45 mins		Reformer Pilates 45 mins		Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
9:00AM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins
10:00AM	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Sculpt Reformer 45 mins	Mums n Bubs Reformer 45 mins	Mat Pilates 45 mins	Mat Pilates 45 mins	
4:30PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins			
5:30PM	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			
6:30PM	Mat Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Yoga YIN 60 mins			

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

*Timetable subject to change

