

# MINDARIE TIMETABLE

|         | M                               | Tu                          | W                                    | Th                              | F                           | S                           | Su                          |
|---------|---------------------------------|-----------------------------|--------------------------------------|---------------------------------|-----------------------------|-----------------------------|-----------------------------|
| 6:00AM  | Reformer Pilates<br>45 mins     | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins          | Mat Pilates<br>45 mins          | Reformer Pilates<br>45 mins |                             |                             |
| 7:00AM  | Foundations<br>45 mins          | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins          | Reformer Pilates<br>45 mins     | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins | Yoga YIN<br>50 mins         |
| 8:00AM  | Reformer Pilates<br>45 mins     |                             | Reformer Pilates<br>45 mins          |                                 | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins |
| 9:00AM  | Reformer Pilates<br>45 mins     | IGNITE REFORMER<br>45 mins  | Reformer Pilates<br>45 mins          | Reformer Pilates<br>45 mins     | IGNITE REFORMER<br>45 mins  | IGNITE REFORMER<br>45 mins  | Reformer Pilates<br>45 mins |
| 10:00AM | Mums n Bubs Reformer<br>45 mins | Reformer Pilates<br>45 mins | Sculpt + Release Reformer<br>45 mins | Mums n Bubs Reformer<br>45 mins | Mat Pilates<br>45 mins      | Mat Pilates<br>45 mins      |                             |

|         |                             |                             |                             |                             |
|---------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 4:30 PM | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins | Mat Pilates<br>45 mins      | Reformer Pilates<br>45 mins |
| 5:30 PM | IGNITE REFORMER<br>45 mins  | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins | Reformer Pilates<br>45 mins |
| 6:30 PM | Mat Pilates<br>45 mins      | IGNITE REFORMER<br>45 mins  | Reformer Pilates<br>45 mins | Yoga YIN<br>60 mins         |

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

\*Timetable subject to change

