

ASHBY TIMETABLE

	M	Tu	W	Th	F	S	Su
6:00 AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins		
7:00 AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga FLOW 50 mins	Mat Pilates 45 mins
8:00 AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
9:00 AM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins
10:00 AM	Pre/Post Natal Reformer 45 mins	Mums n Bubs Reformer 45 mins	Pre/Post Natal Reformer 45 mins	Mums n Bubs Reformer 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins	
4:30 PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mat Pilates 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	Mat Pilates 45 mins	YIN Yoga 60 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			

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

