

# ASHBY TIMETABLE

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



\*Timetable subject to change