

Naturally Pilates

Healing Body, Mind and Soul

Group Schedule:

<u>Day:</u>	<u>Time:</u>	<u>Level:</u>	<u>Instructor:</u>
Monday	7h30	Beginner/Intermediate	Jo-Anne
Monday	17h30	Intermediate/Advanced	Jo-Anne
Tuesday	18h00	Beginner/Intermediate	Jo-Anne
Wednesday	8h30	Intermediate	Jo-Anne
Wednesday	18h00	Intermediate	Jo-Anne
Thursday	18h00	Advanced	Jo-Anne
Friday	8h00	Intermediate	Jo-Anne