



NATURALLY PILATES

HEALING BODY, MIND AND SOUL

GROUP SCHEDULE

Day:	Time:	Type:	Mat/Equipment:	Instructor:
Mon	17h30	Beginner/Intermediate	Mat	Jo
Tues	08h15	Intermediate	Mat	Jo
Tues	17h30	Beginner/Intermediate	Reformer Equipment	Cecil
Wed	08h15	Senior/Beginner/Stretch	Mat	Cecil
Wed	17h30	Intermediate/Advanced	Mat / Equipment	Jo
Thurs	08h15	Intermediate/Advanced	Mat	Jo
Thurs	17h30	Beginner/Intermediate	Mat	Cecil
Friday	08h15	Intermediate/Advanced	Reformer	Cecil

JO-ANNE & CECIL CALLAGHAN
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