

GROUP PILATES TIMETABLE - MARION

| MON | TUE | WED | THU | FRI | SAT |
|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 8:00 AM PhysioEx | 8:40 AM PhysioEx | 8:00 AM PhysioEx | 8:00 AM PhysioEx | 8:00 AM PhysioEx | 8:00 AM PhysioEx |
| 9:30 AM PhysioEx | 9:30 AM PhysioEx | 9:30 AM PhysioEx | 8:40 AM PhysioEx | 9:10 AM PhysioEx | 9:00 AM PhysioEx |
| 10:10 AM PhysioEx | 10:30 AM PhysioEx | 10:10 AM PhysioEx | 9:30 AM PhysioEx | 10:00 AM PhysioEx | 9:40 AM PhysioEx |
| 10:50 AM PhysioEx | 11:10 AM Ante/Postnatal | 10:50 AM PhysioEx | 10:40 AM Ante/Postnatal | 10:40 AM Ante/Postnatal | 10:20 AM Ante/Postnatal |
| | 2:00 PM PhysioEx | | 11:20 AM PhysioEx | 11:30 AM PhysioEx | 11:20 AM PhysioEx |
| 4:40 PM PhysioEx | 4:00 PM PhysioEx | 4:40 PM Ante/Postnatal | | 4:00 PM PhysioEx | |
| 5:20 PM Ante/Postnatal | 4:40 PM PhysioEx | 5:20 PM PhysioEx | 5:20 PM PhysioEx | 5:20 PM PhysioEx | |
| 6:00 PM PhysioEx | 5:20 PM PhysioEx | 6:00 PM PhysioEx | 6:00 PM Ante/Postnatal | | |
| 6:40 PM PhysioEx | 6:00 PM Ante/Postnatal | 6:40 PM PhysioEx | 6:40 PM PhysioEx | | |
| | 6:40 PM PhysioEx | 7:20 PM PhysioEx | | | |



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Please note that class times & instructors are subject to change.