

Inertia Health Group Pilates Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
				8am Clinical Pilates
		9am Clinical Pilates		9am Clinical Pilates
		10am Clinical Pilates		10am Clinical Pilates
	4pm Clinical Pilates			
5.30pm-6.20pm RE-FORM	5pm Clinical Pilates	5pm Clinical Pilates	5.40pm Clinical Pilates	
6.20pm-7.10pm RE-FORM	6pm Clinical Pilates	6pm Clinical Pilates		