



# Wellington in Studio Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am	Pilates				Pilates		
9:30am						Pilates	Pilates
10.30am	Pilates	Pilates	Pilates	Reformer Rehab	Pilates		Pilates
11.30am							
12.30pm	Pilates	Pilates	Pilates				
4.30pm							
5.30pm	Pilates	Pilates	Pilates	Pilates			
6.30pm	Pilates			Pilates			

**Pilates:** classes are done on Pilates Reformer machines

**Reformer Rehab:** This is a specialty Reformer class specifically for clients suffering from lower back problems or pelvic floor issues