

## Beyond Move Weekly Schedule - from 15th April 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8AM		7AM					8AM			8AM	Sculpt Barre	8.30AM	Power Pilates
9.15AM	Gentle Barre	9AM		9AM		9AM		9AM		9AM	Barre	9.30AM	Mindful Movement
10.30AM	Spine Health Pilates	9.30AM	Slow & Align Pilates	9.30AM	Pilates with Weights	9.30AM	Pilates	9.30AM	Pilates	10AM	Pilates	10.30AM	Pilates & Stretch
11AM		10AM		10AM		10AM		10.30AM	Floor Barre Flow	10AM			
		11AM	Peto Pilates - Multiple Sclerosis	11AM	Gentle Pilates		10.45AM	Peto Pilates for Parkinson's		11AM	Slow & Align Pilates		
12PM		12PM		12PM					10.30AM	Hatha Yoga	12PM		12PM
1PM		1.00PM	Peto Pilates for Parkinson's	1PM									1PM
2PM				2PM							WORKSHOPS		2PM
3PM		3PM		3PM						3PM			3PM
4PM		4PM		4PM						4PM			4PM
5PM		5PM	Teen Pilates 45'	5PM						5PM			5PM
6PM	Prenatal Pilates	6.15PM	Barre	6PM	Pilates - Circuit	6PM	Vinyasa Flow	6PM	Pop Up Class	6PM			6PM
7PM	Slow & Align Pilates	7PM	Pop Pilates - Intermediate	7PM	Pilates	7PM	Be back soon!	7PM		7PM		7PM	
8.05PM	Dynamic Pilates - Advance	8PM	Yin Yoga	8.05PM	Pilates	8.05PM	Pilates	8PM	WORKSHOPS	8PM		8PM	
Colour codes: Please see class levels with colour codes													
			Suitable for beginners/rehab				Yoga Class						Prenatal class/terms
			General Pilates				Intermediate/Advance						Neuro Rehab
			Barre Class										Classes are varies