

# corefocus

## PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM REFORMER	6.00AM REFORMER	6.00AM REFORMER 6.00AM BOXING	6.00AM REFORMER	6.00AM REFORMER		
6.45AM REFORMER	6.45AM REFORMER	6.45AM REFORMER	6.45AM REFORMER	6.45AM REFORMER	8.00AM INTENSIVE MATWORK 8.30AM REFORMER	
		7.30AM TRX			9.15AM REFORMER	
10.15AM REFORMER	9.30AM REFORMER	10.15AM REFORMER	9.30AM REFORMER	10.15AM REFORMER	10.00AM REFORMER	8.45AM REFORMER
	4.30PM REFORMER		4.30PM REFORMER			
5.30PM REFORMER	5.30PM REFORMER	5.30PM REFORMER	5.30PM REFORMER			
6.00PM BOXING 6.15PM REFORMER	6.15PM REFORMER	6.00PM INTENSIVE MATWORK 6.15PM REFORMER	6.15PM REFORMER			
7.00PM REFORMER	7.00PM REFORMER		7.00PM TRX			

NEDLANDS CLASSES START MARCH 1<sup>st</sup>

YOU CAN USE BOTH STUDIOS

FREE PARKING AT BOTH STUDIOS

CRECHE AT NEDLANDS STUDIO