



## REFORMER PILATES CLASSES

VAL DE VIE ESTATE SPORT AND LEISURE CENTRE PILATES STUDIO

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	06:00		06:00	
07:10	07:00	07:10	07:00	07:10
08:05	08:00	08:05	08:00	08:05
09:00	09:00		09:00	09:00
10:00	10:00	10:10	10:00	10:00
11:00	11:00	11:10	11:00	11:00
12:00	12:00	12:10	12:00	12:00
13:00	13:00	13:15	13:00	13:00
	16:15		16:15	

**BOOKING IS ESSENTIAL | PRIVATE AND DUET LESSONS ON REQUEST**  
 FOR MORE INFORMATION CONTACT: [mieke@performancepilates.co.za](mailto:mieke@performancepilates.co.za)