



GROUP CLASSES SCHEDULE FROM NOVEMBER 1st, 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	STOTT PILATES		STOTT PILATES		STOTT PILATES
9:50 am	GOLD (THERAPEUTIC)	totalbarre	GOLD (THERAPEUTIC)	totalbarre	GOLD (THERAPEUTIC)

4:30 pm	STOTT PILATES		STOTT PILATES		
5:20 pm	PILATES WITH PROPS		PILATES WITH PROPS		
5:30 pm	STOTT PILATES	STOTT PILATES	totalbarre	STOTT PILATES	STOTT PILATES
6:20 pm	POWER & FLOW	PILATES WITH PROPS		POWER & FLOW	PILATES WITH PROPS
6:30 pm	STOTT PILATES	STOTT PILATES	STOTT PILATES	STOTT PILATES	
7:20 pm	SPX REFORMERS	SPX REFORMERS	SPX REFORMERS	SPX REFORMERS	
6:30 pm	totalbarre	STOTT PILATES	<i>BodyShape</i> with RICARDO	STOTT PILATES	<i>BodyShape</i> with RICARDO
7:20 pm		POWER & FLOW		PILATES WITH PROPS	
07:30 pm	STOTT PILATES	 ZUMBA® FITNESS	STOTT PILATES	 ZUMBA® FITNESS	
08:20 pm	SCULPT & TONE		SCULPT & TONE		

*The PRENATAL & SCOLIOSIS comfort group sessions (up to 3 people) are offered throughout the weekly schedule.

This program is not permanent and is subject to changes.

For more information about the programs offered please visit our website: www.pilatesbodyharmony.com

ADDRESS: 47, 28th October str., Office 101, Engomi 2414, Nicosia. TEL.: 22444612, 95144612. EMAIL: pilates.bodyharmony@gmail.com