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Helen's Intensive Pilates Non-Apparatus Class Schedule

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>8.30 am</u>			Happy Hour Express (K)		Happy Hour Express (K)		
<u>9.30 am</u>	Barre (Z)	Yogatoning (Z)	Barre (Z)	Cardio Roller (Z)	Cardio Weight/ Rollers (Z)		Zumba (U)
<u>10am</u>						Barre (Z)	
<u>11am</u>		Happy Hour Express (Z)		Happy Hour Express (Z)	Happy Hour Express(Z)	Pilates Rollers (Z)	Barre (U)
<u>12pm</u>							Mind Body Pilates (U)
<u>2pm</u>							Family Zumba (Z) (upon request)
<u>4.30 pm</u>		YogaKids (Z) (upon request)			Family Yoga (U) (upon request)		
<u>6pm</u>							Happy Hour Express (U)
<u>6.30 pm</u>	Happy Hour Express (U)		Happy Hour Express (U)		Happy Hour Express (U)		
<u>7pm</u>	Zumba(Z) Fitball (U)	Pilates Fit Ball (U)	Zumba (Z) Yogatoning/ Mind Body (U)	Zumba (Z) Barre (U)			KB Fusion/ Cardio Weight (U)
<u>7.30 pm</u>	Happy Hour Express (U)		Happy Hour Express (U)		Mind Body Pilates (U)	Happy Hour Express (K)	
<u>8pm</u>	Yogatoning (U)	Mind Body Pilates (U)		Zumba (U)			
<u>8.30 pm</u>	KB Fusion / Cardio Weight (Z)		Barre (Z)	Happy Hour Express (K)			

