



## Pilates: Grenada St Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
6.00					
6.30		<b>6.30 – 7.25</b> RUNNERS Trudi			
7.00				<b>7.00 – 7.55</b> REFORMER Ian	
7.30					
8.00					
8.30					
9.00	<b>9.00 – 9.55</b> REFORMER Trudi				
9.30		<b>9.30 – 10.25</b> REFORMER Fanny	<b>9.30 – 10.25</b> REFORMER Liz	<b>9.30 – 10.25</b> REFORMER Ian	<b>9.30 – 10.25</b> REFORMER Fanny
10.00	<b>10.00 – 10.55</b> REFORMER Trudi				
10.30					
11.00					
11.30					
12.00					
<b>PM</b>					
2.30					
3.00					
3.30					
4.00					
4.30		<b>4.30 – 5.25</b> REFORMER Laura O.			
5.00					
5.30	<b>5.30 – 6.25</b> INTERMEDIATE REFORMER Laura O.	<b>5.30 – 6.25</b> Stretch & Release Laura O.	<b>5.30 – 6.25</b> REFORMER Liz		
6.00					
6.30	<b>6.30-7.25</b> INTERMEDIATE REFORMER Laura O.				
7.00					
7.30					

**Pilates: Grenada St Timetable**

**From 1.01.2020**

**40 Minutes Private Intro** (*compulsory*)  
60 Minutes Duo Intro

\$ 35  
\$ 30 pp (\$60 total)

**Matwork**

Casual class  
X10 class concession  
X20 class concession  
X10 Gold class concession (+65 years)  
X20 Gold class concession (+65 years)

\$ 18  
\$ 170 - \$17 / class  
\$ 310 - \$15.5 / class  
\$ 155 - \$15.5 / class  
\$ 300 - \$15 / class

**Reformer**

Casual class  
X10 class concession  
X20 class concession  
X10 Gold class concession (+65 years)  
X20 Gold class concession (+65 years)

\$ 27  
\$ 240 - \$24/class  
\$ 460 - \$23/class  
\$ 230 - \$23/class  
\$ 450 - \$22.5/class

X10 mixed concession 5x ref + 5x mat

\$ 210

**Privates**

30 minutes  
45 minutes  
60 minutes

\$ 50  
\$ 70  
\$ 80

**Duo Sessions (x2 clients)**

45minutes  
60minutes

\$ 45 pp (\$90 total)  
\$ 50 pp (\$100 total)