

BACK2FRONT

CLASS TIMETABLE

DAY

PILATES

HEART RATE

MONDAY

17:30 - 18:30
18:45 - 19:45

07:00 - 07:45
09:30 - 10:15

TUESDAY

09:45 - 10:45
11:00 - 12:00

WEDNESDAY

17:30 - 18:30
18:45 - 19:45

09:30 - 10:15

THURSDAY

09:45 - 10:45

FRIDAY

07:00 - 07:45