**WEST PHYSIO & PILATES CLASS TIMETABLE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MON** | **TUE** | **WED** | **THURS** | **FRI** | **SAT** |
|  | **8:00am**  **Mixed Levels MAT** | **8:15am**  **Mixed Levels**  **REFORMER** |  | **8:00am**  **Mixed Levels MAT** | **8:00am**  **Mixed Levels**  **MAT** |
|  | **9:00am**  **Adv Beg MAT** | **9:00am**  **Beg**  **REFORMER** | **9:00am**  **Mixed Levels MAT** | **9:00am**  **BEG MAT** | **9:00am**  **Mixed Levels**  **MAT** |
|  |  | **10:00am**  **BEG**  **MAT** | **10:00am**  **Core & Stretch Mat** | **10:00am**  **Adv Beg Mat** | **10:00am**  **BEG**  **MAT** |
|  | **11:15am**  **Beg**  **REFORMER** | **11:00am**  **ADV BEG**  **MAT** |  | **11:15am**  **Beg**  **REFORMER** | **11:15am**  **Beg**  **REFORMER** |
|  | **12:00pm**  **Mixed Levels**  **REFORMER** |  |  | **12:00am**  **Mixed Levels**  **REFORMER** | **12:00am**  **Mixed Levels**  **REFORMER** |
|  |  |  |  |  |  |
| **4:30pm**  **BEG MAT** | **4:15pm**  **Mixed Levels MAT** |  | **4:15pm**  **ADV BEG MAT** |  |  |
| **5:30pm**  **Mixed MAT** | **5:15pm**  **ADV BEG MAT** |  | **5:15pm**  **Mixed Levels MAT** |  |  |
| **6:30pm**  **Core & Stretch MAT** | **6:15pm**  **Mixed Level**  **REFORMER** |  | **6:15pm**  **Mixed Level**  **REFORMER** |  |  |
|  | **7:00pm**  **Beg**  **REFORMER** |  | **7:00pm**  **Beg**  **REFORMER** |  |  |

West Physio & Pilates address: 4/75 Atkinson Road, Titirangi. Park on the roadside or at Kaurilands Domain Parking lot.

All classes need to be pre-booked.

Booking a class: either book online via our website [www.westphysiopilates.co.nz](http://www.westphysiopilates.co.nz) or email [info@westphysiopilates.co.nz](mailto:info@westphysiopilates.co.nz) or text/call 02102695019.

24 hour cancellation policy applies to all pre-booked classes.