

Urban Flow Pilates



Pilates Group Class Schedule

Booking is essential! Please Book Directly with the teacher.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am			Kayla 082 367 2619			
8 am			Debbi 082 460 4240			Kim (Equipment class) 068 138 1359
8.30 am						Bernadene (Equipment Class) 072 951 5439
5 pm		Carla 083 703 7683	Kim 068 138 1359			
6 pm	Kim (Equipment Class) 068 138 1359	Kim (Equipment Class) 068 138 1359		Kim (Equipment Class) 068 138 1359		