



PILATES EDGE
FITNESS · WELLNESS

Group Class Timetable

Floor-based Group Class

Equipment-based Group Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am						
11:00am	10:15-11:15 Pilates Barre (Carly)	10:15-11:15 Pilates Reformer Basic (Alexia)		10:00-11:00 Pilates Reformer/Tower Combo (Carly)		10:00-11:00 Pilates Stretch (Chloe) 10:00-11:00 Pilates Reformer Multilevel (Carly)
12:00pm			11:15-12:15 Pilates Reformer Multilevel (Lucia)			11:15-12:15 Pilates Mat (Carly) 11:15-12:15 Pilates Reformer Basic (Chloe)
1:00pm	12:30-13:30 Pilates Reformer Intermediate (Carly)	12:30-13:30 Pilates Mat – Cantonese- only (Lucia)	12:30-13:30 Pilates Suspend (Carly)	12:30-13:30 Pilates Equipment Mix (Carly)	13:15-14:15 Pilates Reformer Multilevel (Sohee)	12:30-13:30 Pilates Suspend (Chloe) 12:30-13:30 Pilates Equipment Mix (Carly)
2:00pm	13:45-14:45 Pilates Reformer Basic (Carly)	13:40-14:40 Pilates Reformer Basic – Cantonese-only (Lucia)		13:45-14:45 Pilates Reformer Basic (Diana)		13:45-14:45 Pilates Reformer Basic (Chloe)
3:00pm			15:00-16:00 Pilates Equipment Mix (Carly)			Sunday
4:00pm					15:15-16:15 Pilates Reformer Basic – Cantonese-only (Lu) 16:15-17:15 Pilates Reformer Basic – Cantonese-only (Lu)	11:00-12:00 Pilates Reformer Multilevel – Cantonese-only (Lu) 13:30-14:30 Pilates Mat – Cantonese-only (Lu)
5:00pm						
6:00pm						
7:00pm	19:30-20:30 Pilates Mat (Rachel)	19:30-20:30 Pilates Reformer/Tower Combo (Carly)	19:30-20:30 Pilates Reformer Basic (Alexia)	19:35-20:35 Pilates Suspend – Cantonese- only (Rachel)	19:35-20:35 Pilates Reformer Basic (Sohee)	
8:00pm						
9:00pm	20:35-21:35 Pilates Reformer Basic – Cantonese-only (Rachel)	20:35-21:35 Pilates Reformer Intermediate (Alexia)		20:40-21:40 Pilates Reformer Basic – Cantonese-only (Rachel)		

All group classes are for females only. Class times may change or classes may cancel without prior notice.