



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 – Cantonese-only (Lu)			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 (Alexia)	12:30-13:30 Pilates Suspend (Carly)	12:30-13:30 Pilates Reformer Basic (Carly)	12:30-13:30 Pilates Reformer Multilevel (Alexia)	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)			13:45-14:45 Pilates Equipment Mix (Carly)		13:45-14:45 Pilates Reformer Basic (Chloe)
3:00pm			15:00-16:00 Pilates Equipment Mix (Carly)			
4:00pm					16:15-17:15 Pilates Reformer Basic – Cantonese-only (Lu)	
5:00pm						
6:00pm						
7:00pm						
8:00pm	19:35-20:35 Pilates Mat (Chloe)	19:30-20:30 Pilates Reformer/Tower Combo (Carly)	19:30-20:30 Pilates Reformer Basic (Alexia)	19:35-20:35 Pilates Suspend (Lu)	19:35-20:35 Pilates Reformer Basic (Carly)	
9:00pm			20:35-21:35 Pilates Reformer Intermediate (Alexia)			

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