

PEAK PILATES TAKAPUNA TIMETABLE

5A HURON STREET, TAKAPUNA – PH 09 489 3482, www.peakpilatesgroup.co.nz

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Reformer 6.00am SL	
Reformer 8.00am JM	Reformer 7.00am SL & CP			Reformer 7.00am SL	Spinalates 8.00am FL
Basic Mat 9.30am JM	Reformer class 9.00am SL	Basic Reformer 9.00am CP	Reformer 8.30am PD	Reformer class 9.00am JM	Reformer 9.00am NC Basic Reformer 9.00am FL
Reformer 10.30am JM	Mat class 9.30am PD	Reformer 10.00am SL	Basic Reformer 9.30am CP Basic Mat 9.30am PD	Basic Reformer 10.00am JM	Basic Reformer 10.00am NC Mat 10.00am FL
Basic Reformer 12.00pm JM	Reformer 10.00am TH		Reformer 10.30am TH	Reformer 11.00am SL	Reformer 11.00am NC
	Basic Reformer / 11.00am TH			Yogilates 11.00am RT	
	30min Butt & Legs 12.00pm PD 30min Abs & Arms 12.30pm PD		30min Abs&Arms 12.00pm PD 30min Butt&Legs 12.30pm PD	Basic Reformer 12pm JM Pregnancy Ref 12pm FL	
Basic Reformer 5.00pm JM			Reformer 5.00pm JM		
Reformer 6.00pm JM	Basic Reformer 5.30pm JM	Mat 5.30pm NC	Basic Reformer 6.00pm JM		
Mat 7.00pm JM	Reformer 6.30pm JM	Reformer 6.30pm NC	Mat Class 7.00pm FI Reformer 7.00pm JM		