PILATES SCHEDULE

Mat& Reformer

Mon	Tue	Wed	Thu	Fri	Sat
9.00 MAT M/W		9.30 Online (NL)	9.30 Online (NL)	9.00 Mat M/W	9.30 Online (NL)
10.15 MAT Women-only		9.45 Mat Women-only	10.00 Reformer Women-only	10.15 Mat Women-only	10.00 Reformer M/W
11.30 Reformer M/W		11.10 Reformer	11.15 Reformer Women-only	11.30 Reformer Women-only	11.00 Reformer
13h Reformer Women-only		12.30 Reformer	13.00 Reformer Women-only	13.00 Reformer	
16.15 Reformer Women- only		16.15 Reformer Woman-only			
18.15 Mat Women-only	18.15 Mat Women-only	18.15 Mat Women-only	18.50 Online (NL)		
19.30 Reformer M/W	19.30 Mat M/W	19,30 Mat M/W	20.00 Online (NL)		
				Bookings are made via the Trainin-App	M/W: men & woman