



JULY WINTER SCHEDULE

Monday

8:30AM FLOW REFORMER w/ Sarah
9:30AM DYNAMIC FLOW REFORMER
w/ Sarah
10:30AM FOUNDATION REFORMER
w/ Celeste
6PM FOUNDATION REFORMER w/
Kristin

Tuesday

7:30AM FOUNDATION REFORMER
w/ Celeste
8:30AM FLOW REFORMER w/ Celeste
9:30AM STUDIO FULL EQUIPMENT
w/ Kristin (call to book)

Wednesday

8:30AM FLOW REFORMER w/ Kristin
9:30AM FOUNDATION REFORMER w/
Kristin
6PM PILATES MAT w/ David
7PM FLOW REFORMER w/ David

Thursday

8:30AM FLOW REFORMER w/ Sarah
9:30AM PILATES MAT w/ Sarah
5:30PM BARRE w/ Amanda
6:30PM YIN YANG YOGA w/ Amanda

Friday

7:15AM MORNING VINYASA
FLOW w/ Ruth
8:30AM FLOW REFORMER w/
Kristin
9:30AM FLOW REFORMER w/
Kristin

Saturday

8AM FLOW REFORMER w/ Jahn
9AM PILATES MAT w/ Kristin *

Sunday

3PM PRENATAL YOGA COURE w/ Amanda *

*Prenatal 6-week Yoga Course starts the 4th of July

bookings available online
www.waihekepilatescentre.co.nz