Class schedule

August/Sept 2026

TIME	MON	TUE	WED	THUR	FRI
6:00 - 6:55				**6am** Pilates Intermediate (Edela)	
7:00 - 7:55		**7am** Pilates Intermediate (Grace)		**7am** Pilates Foundational (Edela)	**7am** Pilates Intermediate (Grace)
8:15 - 9:10		**8.15** Pilates Foundational (Grace)			**8.15** Pilates Foundational (Grace)
12:30 - 13:00			**12.30** Desk Detox (Grace)		**12.30** Desk Detox (Miguel)
15:00 - 16:55					
16:00 - 16:55	**4pm** Pilates Foundational (Grace)			**4pm** Pilates Foundational (Grace)	
17:00 - 17:55	**5pm** Pilates Intermediate (Grace)			**5pm** Pilates Intermediate (Grace)	

Desk detox runs for 30min, all other classes run for 55min
24hr cancellation policy