

# nojo<sup>TM</sup>

## pilates

Group Mat & Virtual	Maximum 8 people/class
Monday	17:00 (S)
Tuesday	18:00 (M)
Wednesday	16:00 <i>in-studio only</i> (AZ)
Thursday	08:00 (AZ)
Saturday	08:15 (S)
Reformer & Apparatus	Maximum 4 people/class
Monday	07:00 (S); 09:00 (AB); 18:00 (AZ)
Tuesday	07:00 (AZ); 07:00 (AB); 09:00 (AZ) 09:00 (S); 16:30 (AZ); 16:30 (S); 17:30 (S)
Wednesday	07:00 (S); 09:00 (S); 17:00 (AZ); 18:00 (AZ)
Thursday	09:00 (AB); 16:30 (S); 16:30 (AZ)
Friday	07:00 (S); 09:00 (AB); 10:00 (AZ)
Saturday	09:15 (AZ)

### Teacher key:

S	–	Sunny
AZ	–	Anzani
AB	–	Abigail
M	–	Monique

Please note that before enrolling for any Pilates group classes, a minimum of one 1-on-1 session is recommended.

One-on-one sessions can be arranged by appointment only.

Sessions begin strictly on time, and are 45 minutes in duration

Private and duo sessions should be arranged in advance with the studio and time slots are subject to availability.



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**Trust to see you there!**

