

BODY CONTROL PILATES®

CLAREMONT • 45 Second Ave, Harfield Village, Claremont, 7708
 KENILWORTH • 15 Bisset Road, Kenilworth, 7708
 Tel: 0724284033
studio@bodycontrolpilates.co.za
www.bodycontrolpilates.co.za

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00am						
08:00am						CLASS
08:30am		CLASS	CLASS	CLASS	CLASS	
08.45am	CLASS					
09:00am						
09:30am						
12:15pm						
1:00pm						
4:30pm						
5:00pm	CLASS			CLASS		
5:30pm		CLASS				
6:00pm	CLASS		CLASS	CLASS		
6:30pm						
7:00pm	CLASS			CLASS		