

BODY CONTROL PILATES®

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00am		CLASS				
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	CLASS		