

ANATOMICA

pilates • GYROTONIC® • personal training • yoga

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Margie Pilates Class	1 to 1 available	Bryonie Pilates Class	Larissa TripleHIT Class	Margie Pilates class	N/A
8am	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	N/A
9am	1 to 1 available	1 to 1 available	9:30am Katia Mat class	1 to 1 available	1 to 1 available	Larissa Pilates class
			Francesca Open Pilates			
10am	1 to 1 available	1 to 1 available			1 to 1 available	Larissa TripleHIT Class
11am	1 to 1 available	1 to 1 available	1 to 1 available			Larissa Pilates class
12pm	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available
1pm	1 to 1 available	N/A	Francesca Pilates class	Bryonie Pilates Class	1 to 1 available	Larissa Pilates class
	1 to 1 available	N/A	1 to 1 available	1 to 1 available		
2pm	1 to 1 available	N/A	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available
3pm	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	N/A	N/A
4pm	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	N/A	N/A
5pm	1 to 1 available	1 to 1 available	1 to 1 available	1 to 1 available	N/A	N/A
6pm	1 to 1 available	1 to 1 available	Larissa TripleHIT Class	1 to 1 available	N/A	N/A
7pm	1 to 1 available	Larissa Pilates class	Larissa Pilates class	Bryonie Pilates Class	N/A	N/A
	1 to 1 available					
8pm	N/A	Larissa TripleHIT Class	Ryan Yoga Class	N/A	N/A	N/A

- Where no class is denoted, 1 to 1 's can be booked as a Pilates individual session or a request for a duet class.
- With Katia, individual sessions in either Gyrotonic or Pilates can be booked.