

## Group Class Schedule

Tel: (65) 6838 1234 - Email: [contact@iPilates.com.sg](mailto:contact@iPilates.com.sg) - Website: [www.iPilates.com.sg](http://www.iPilates.com.sg)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 00					Towelwork / Chair	Reformer	
10 00	Floorwork			Reformer		Spine Corrector	Matwork
10 15			Reformer				
10 30		Floorwork					
11 00							
11 15							Reformer
11 30		Reformer	Reformer				
12 00					Reformer		
12 30	Reformer						
15 00							
15 30			Towelwork / Chair				
18 30							
19 00	Spine Corrector		Matwork / Spine Corrector	Reformer (even months chair)			

Class size is limited, please reserve a space in advance. For cancellation, please give at least 24 hours advance notice or charges will apply.

Class schedule is subject to change.

iPilates reserves the right to cancel a group class. In case of this, advance notice will be served.