



Reformer Pilates at Fitness House – Additional charge applies, reservation required
Aqua Cardio & Tone at Sea Cave Spa – Complimentary, no reservation required

MONDAY

08.30 – 09.30
**Aqua Cardio
& Tone**
w/ Ilario

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

11.00 – 12.00
**Reformer
Pilates**
w/ Ilario

TUESDAY

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

13.30 – 14.30
**Reformer
Pilates**
w/ Ilario

17.00 – 18.00
**Reformer
Pilates**
w/ Ilario

WEDNESDAY

08.30 – 09.30
**Aqua Cardio
& Tone**
w/ Ilario

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

11.00 – 12.00
**Reformer
Pilates**
w/ Ilario

THURSDAY

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

13.00 – 14.00
**Reformer
Pilates**
w/ Ilario

SATURDAY

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

11.00 – 12.00
**Reformer
Pilates**
w/ Ilario

12.30 – 13.30
**Reformer
Pilates**
w/ Ilario

SUNDAY

10.00 – 11.00
**Reformer
Pilates**
w/ Ilario

11.00 – 12.00
**Reformer
Pilates**
w/ Ilario

