



TIMETABLE

MON

Pilates	6:30am – 10:30am
Pilates	5:00pm – 7:00pm
Dynamic Rider Newbies	7:00pm – 8:00pm
Dynamic Rider	8:00pm – 9:00pm

WED

Dynamic Rider	5:30am – 6:20am
Pilates	6:30am – 10:30am
Myofascial Release (last week of each month)	9:30am – 10:30am
Pilates	5:00pm – 6:45pm
Myofascial Release	6:45pm – 7:45pm

THU

Myofascial Release	8:00am – 9:00am
Dynamic Rider	8:00pm – 9:00pm

FRI

Dynamic Rider	5:30am – 6:20am
Pilates	6:30am – 10:30am

Classes run in hour long blocks between the times given

www.symmetryinmotion.nz