

# CARIBBEAN PARK STUDIO TIMETABLE

**THIS IS A SAMPLE TIMETABLE:** Due to the current Covid-19 restrictions current timetables are temporarily unavailable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Pure Reformer 50	Hot Pilates Circuit 50	Strength+Jump Reformer 50	Strength Reformer Barre 50	Strength Reformer 50		
7:00am	Strength Reformer 50	Strength Reformer 50	Strength Reformer Barre 50	Pure Reformer 50	Pure Reformer 50	Hot Pilates Circuit 50	
8:00am						Pure Reformer 50	Hot Pilates Circuit 50
9:00am						Strength Reformer 50	
9:30am	Strength Reformer Barre 50	Pure Reformer 50	Strength Reformer 50	Strength Reformer 50	Pure Reformer 50		Strength+Jump Reformer 50
10:00am						Pure Reformer 50	
10:30am							Strength Reformer 50
12:30pm	Strength Reformer 45	Pure Reformer 45	Pure Reformer 45	Strength Reformer 30	Strength Reformer 30		
1:30pm			Discovery 30				
4:15pm					Strength Reformer 50		
5:10pm	Pure Reformer 50						
5:20pm		Pilates HIIT					
5:15pm					Pure Reformer 50		
5:30pm			Strength+Jump Reformer 50	Barre 50			
6:10pm	Strength+Jump Reformer 50						
6:20pm		Pure Reformer 50		Hot Pilates Circuit 60			
6:30pm			Strength Reformer 50				
7:10pm	Discovery 30						
7:20pm		Strength Reformer 50					
7:30pm			Pure Reformer 50				
7:40pm							
8:00pm	Strength Reformer 50			Pure Reformer 50			



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wellness

Printed timetables subject  
to change.

Please check the Pinnacle Studio  
App for current classes.

BOOKINGS ESSENTIAL. BOOK VIA PINNACLE STUDIO APP

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