

Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates Studio 7.15 am Sarah		Pilates Studio 7.15 am Bec		
Pilates Studio 8.45 am Felicity	Pre-Natal Pilates 8.00am Sarah	Pilates Studio 8.00 am Catherine	Pilates Studio 8.00 am Bec	Allegro Reformer 8:45 am Bec	Pilates Studio 8.00 am Mel
Pilates Studio 9.30 am Marelle	Pilates Studio 8.45 am Jenny	Allegro Reformer 8:45 am Sarah	Pilates Studio 8.45 am Bec	Pilates Studio 9.30 am Jenny	Pilates Studio 8.45 am
Gym 9.30am Jacqui	Pilates Studio 9.30 am Jenny	Pilates Studio 9.30 am Marelle	Pilates Studio 9.30 am Marelle	Pilates Studio 10.15 am Bec	Intermediate Pilates Mat 8.45am Mel
Pilates Studio 10.15 am Jacqui	Pilates Studio 10.15am Bec	Gym 9.30am Catherine	Allegro Reformer 10.30am Bec		Pilates Studio 9.30 am
Pilates Studio 11.00 am Catherine	Mums and Bubs Pilates 11am Sarah	Pilates Studio 10.15 am Marelle	Mums and Bubs Pilates 11am Jenny		Pilates Studio 10:15 am Mel
			Pilates Studio 11.15 am Bec	Pilates Studio 11:00 am Catherine	Pilates Studio 11.30am
Pilates Studio 12.15 pm Marelle	Pilates Studio 12.15pm Sarah	General Hydro* 12pm Sarah		Pilates Studio 12:15pm Catherine	
Gym 12.15 pm Jacqui		Pilates Studio 12:15pm Jacqui	Pilates Studio 2.00pm Marelle	Gym 12.15 pm Jacqui	
Pilates Studio 4.15 pm Bec	Pilates Studio 4.15 pm Cathy	General Hydro* 1pm Sarah			
Pilates Studio 5.45 pm Catherine	General Hydro* 5.45pm Sarah	Pilates Studio 2.00pm Marelle	Pilates Studio 4.45 pm Jacqui		
Gym 5.45 pm Bec	Pilates Studio 6pm Cathy	Pilates Studio 4.45pm Sarah	Pilates Studio 5.30 pm Jenny		
Pilates Studio 6.30 pm Catherine	General Hydro* 6.15pm Sarah	Pilates Studio 5.45pm Jenny	Pre Natal Pilates 6.15pm Jenny		
	Intermediate Mat Pilates 6.30pm Peter	Allegro Reformer 6:30pm Bec	Allegro Reformer 6:30pm Jacqui		
	Pre-Natal Hydro* 6.45pm Sarah	Pilates Studio 7:15pm Bec	Gym 7.15pm Jacqui		

- Pilates Studio
- Gym
- Allegro Reformer
- Intermediate Mat Pilates
- Pre-Natal Pilates Mat/Mums and Bubs Pilates
- *General Hydrotherapy (run at Rehabilitation & Performance Health at 63 Belair Road, Kingswood)
- *Pre-Natal Hydrotherapy (run at Rehabilitation & Performance Health at 63 Belair Road, Kingswood)