

## Pilates Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Pilates		Pilates		Pilates	
7:30am	7:00 - 8:00		7:00 - 8:00		7:00 - 8:00	
8:00am						Pilates
8:30am		Pilates	Pilates			8:00 - 9:00
9:00am		8:30 - 9:30	8:30 - 9:30			Pilates
9:30am	Pilates	Pilates	Pilates	Pilates	Pilates	9:00 - 10:00
10:00am	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	
10:30am		Mums 'N' Bubs		Mums 'N' Bubs	Pilates	
11:00am		10:30 - 11:30		10:30 - 11:30	10:30 - 11:30	
11:30am				Pilates		
12:00pm		Pilates		11:30 - 12:30		
12:30pm		12:00 - 1:00				
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm		Pilates		Pilates		
4:30pm	Pilates	4:00 - 5:00		3:30 - 4:30	Pilates	
5:00pm	4:30 - 5:30		Pilates	4:30 - 5:30	4:30 - 5:30	
5:30pm	Pilates	Pilates	5:00 - 6:00	Pilates		
6:00pm	5:30 - 6:30	5:30 - 6:30	Pilates	5:30 - 6:30		
6:30pm	Pilates	Pilates PLUS	6:00 - 7:00			
7:00pm	6:30 - 7:30	6:30 - 7:30	Pilates for MEN			
7:30pm			7:00 - 8:00			