



PILATES TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45/6am Program Pilates		5:45/6am Program Pilates		6am Program Pilates	
6am Mat Pilates		6am Mat Pilates			
7am Program Pilates		7am Teen Pilates		7am Circuit Pilates	7am Program Pilates
8:15 Beginner Mat Pilates	8:45am Circuit Pilates	8am Program Pilates	8:15am Circuit Pilates	8am Program Pilates	7:30am Program Pilates
	9:45am Swissball Pilates	9am Beginner Mat Pilates	9:15am Program Pilates		8:30am Program Pilates
	10:30am Program Pilates	10:30am Program Pilates	10:15am Beginner Mat Pilates	10:30am Program Pilates	
				11:30am Program Pilates	
5:30am Program Pilates					
6:30pm Circuit Pilates					

Australian Physio Pilates Institute Trained Instructor