



Move for Health Classes

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

Australian Physio Pilates Institute Trained Instructor
Royal Academy of Dance Instructor