



Move for Health Classes

****Pilates classes resume 7 Jan**

**** Adult Dance, and Tiny Mover resume 2nd February**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	5:45 & 6am Program Pilates		5:45 & 6am Program Pilates		5:45 & 6am Program Pilates	
	6am Mat Pilates		6am Mat Pilates			
7:00am	7am Program Pilates		7am TEEN Pilates		7am Circuit Pilates	7am Program Pilates (coming soon)
			**Child minding coming soon for Wednesday 8am program pilates			7:30am Program Pilates
8:00am			8am Program Pilates	**Child minding coming soon for Thursday 8:15am circuit pilates	8am Program Pilates	
	8:15 Beginner Pilates	8:45am Circuit Pilates		8:15am Circuit Pilates		8:30am Program Pilates
9:00am	9am Adult Tap	9am Dance Fitness	9am Beginner Pilates	9:15am Tiny Tots (2-4yrs)	9am Tiny Tumblers (2-3yrs)	9am Tiny Tots (2-3yrs)
	9:15am Tiny Tots (2-3yrs)	9:45am Beginner Pilates	9:15am Tiny Tots (2-3yrs)	9:15am Program Pilates	9:30am Tumble Tots (3-5yrs)	9:45am Intro to Dance (3-5yrs)
10:00am	10am Adult Ballet	10am Tiny Tots (2-4yrs)	10:15am Intro to Dance (3-5yrs)	10am Adult Ballet		
	10:15am Intro to Dance (3-5yrs)	10:30am Program Pilates	10:30am Program Pilates	10:15am Beginner Pilates	10:30am Program Pilates	
11:00am		11am Dance for Brain Health			10:30am Dance Fitness	
		11:30am Program Pilates (coming soon)			11:30am Program Pilates	
5:30pm	5:30pm Program Pilates					
	6:15pm Adult Ballet					
6:30pm	6:30pm Circuit Pilates					
7:30pm	Connect to Core Monthly class (coming soon)	7:30pm Adult Hip Hop Fitness				

Australian Physio Pilates Institute Trained Instructor

Royal Academy of Dance Trained Instructor