



Adult Fitness 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	
				8am Program Pilates	7:30am Program Pilates
8:15 Beginner Pilates	8:45am Circuit Pilates				8:30am Program Pilates
9am Adult Tap	9am Dance Exercise	9am Beginner Pilates	9am Gentle Ballet	10am Dance Exercise	9:30am Program Pilates
10:30am Program Pilates	9:45am Beginner Pilates	10:30am Program Pilates	10am Dance Exercise	10:30am Program Pilates	
	10:30am Program Pilates	11:30am Program Pilates		11:30am Program Pilates	
	11am Dance for Brain Health				
			6:30pm Adult Ballet		

Australian Physio Pilates Institute Trained Instructor
Royal Academy of Dance Instructor