

SEAFORTH EP CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH & COND 7.45 - 8.35 LUCAS				PILATES REFORMER 7.30 – 8.20 CRIS
PILATES REFORMER 8.30 - 9.20 JEN	REHAB – GENERAL 8.45 – 9.30 ALICE	PILATES REFORMER 8.30 – 9.20 JEN		PILATES REFORMER 8.30 – 9.20 JEN	PILATES REFORMER 8.30 – 9.20 CRIS
PILATES REFORMER 9.30 - 10.20 JEN	OSTEOCISE 9.30 – 10.20 LUCAS	PILATES MAT 9.30 – 10.20 JEN	OSTEOCISE 9.30 – 10.20 LUCAS	PILATES MAT 9.30 – 10.20 JEN	
MOVE & BALANCE 11 – 11.45 LUCAS		PILATES REFORMER 10.30 – 11.20 JEN		PILATES REFORMER 10.30 – 11.20 JEN	
MOVE & BALANCE 12 – 12.45 LUCAS	MOVE & BALANCE 12 – 12.45 LUCAS	PILATES REFORMER 11.30 – 12.20 JEN	MOVE & BALANCE 12 – 12.45 LUCAS	REHAB – GENERAL 12 - 12.45 IZZY	
		REHAB – GENERAL 12.45 – 13.30 IZZY	REHAB – GENERAL 12.45 – 13.30 ALICE	REHAB – GENERAL 12.45 – 13.30 ALICE	
STRENGTH & COND 16.00-16.50 LUCAS	OSTEOCISE 14.00 – 14.50 JESSICA	MOVE & BALANCE 13.30 – 14.15 LUCAS	OSTEOCISE 14.00 – 14.50 LUCAS		
STRENGTH & COND 17.00-17.50 LUCAS			STRENGTH & COND 17.00-17.50 LUCAS		
OSTEOCISE 18.00-18.50 LUCAS	PILATES REFORMER 18.00 – 18.50 STEPH	STRENGTH & COND 18.00 – 18.50 LUCAS	OSTEOCISE 18.00-18.50 LUCAS		
REHAB – GENERAL 19.00 -19.45 ALICE	PILATES REFORMER 19.00 – 19.50 STEPH				