

PILATES STUDIO TIMETABLE

Updated Jul-08

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00							
08:00							
09:00							
10:00	BP (10:30-11:30)						
11:00							
12:00							
13:00		BP (13:30-14:30)					
14:00							
15:00							
16:00							
17:00							
18:00	BP (18:15-19:15)						
19:00							
20:00							

All classes are 1 hour in duration and by prior appointment only

BP = Additional Beginners Pilates class in Studio 1

\* Additional Pilates for Mums class in Studio 1

Instructors: Janine Martine Adrian Kristen Jo