

TERM 1 TIMETABLE 2024

29TH JANUARY - 12TH APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM Beginner/Int Pilates	9:00AM Supervised Rehab	9:00AM Supervised Rehab	9:00AM Intermediate Pilates	
10:00AM Mums & Bubs	9:50AM Strength & Balance	10:00AM Mums & Bubs	9:50AM Beginners Pilates	
12:30PM Express Pilates		12:30PM Express Pilates	10:30AM Bones & Balance	12:30PM Express Pilates
		5:20PM Beginners Pilates		
5:20PM Supervised Rehab	5:20PM Advanced Pilates	6:00PM Mens Pilates	5:20PM Int/Advanced Pilates	