

TERM 4 TIMETABLE

16TH OCTOBER - 15TH DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:10AM Individual 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 Stretch Express	10:30AM Bones & Balance	12:30PM Express Pilates		12:30PM Stretch Express
	2:00PM Beginners Pilates	4:00PM Kids Pilates		
5:20PM Supervised Rehab	5:20PM Advanced Pilates	5:20PM Beginners Pilates	5:20PM Int/Advanced Pilates	