



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Studio 8am-12 noon	Studio 8-10pm	Studio 8-12 noon	Studio 8am, 11am & 4.30pm	Studio 8-12noon	Studio 8-12 am
		10:00am-10:50am Pilates Basic Mat		9:00am-9:50am Pilates Intermediate Mat	12:00am -12:50pm Community Pilates Basic Mat	
MIDDAY		Studio 11am	Midday Mat 12.00 - 12.30pm Pilates Intermediate Mat	10:00am -10:50 Pilates Basic Mat	1:00pm-1:45pm Community Pilates For seniors	
	Studio 4.30pm.					
	5:30pm-6:20pm Pilates Intermediate Mat	Studio 4-7pm	Studio 4-6pm	5:30pm-6:20pm Pilates Basic Mat		
EVENING	6:30pm-7:20pm Pilates Basic Mat		6:30pm-8.00pm GYROKINESIS®	6:30pm-7:20pm Pilates Intermediate Mat		

