

Pilates Group Class Timetable – 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30						
9.00						
9.30	9.30 with Nikki			9.30 with Cath		9.30 with Kim
10.00						
10.30		10.30 with Nat			10.30 with Nat	10.30 with Kim
11.00						
11.30						
12.00	12.00 with Kate					
12.30		12.30 with Kate	12.30 with Nikki			
1.00					1.00 with Nat	
1.30						
2.00						
2.30						
3.00						
3.30						
4.00						
4.30						
5.00						
5.30	5.30 with Claudia			5.30 with Nikki		
6.00		6.00 with Kim				
6.30						

- Several individual sessions are required before entry into classes, depending on ability
- \$ 330 concession for 10 classes, or \$38 per class