

TIME	Monday		Tuesday		Wed		Thurs		Friday		Sat	
7.00	Pilates				Pilates		Pilates	Pilates				
7.30												
8.00	Pilates		Pilates		Pilates		Pilates	Pilates	Pilates	Pilates	Pilates	
8.30				Pilates		Pilates						Pilates
9.00			Pilates				Pilates		Pilates	Pilates	Pilates	
9.30		Pilates		Pilates	Pilates	Pilates		Pilates				Pilates
10.00			Pilates				Pilates		Pilates	Pilates	Pilates	
10.30						Pilates						Pilates
11.00			Pilates				Pilates				Pilates	
11.30	Pilates								Pilates			Pilates
12.00				M & B's	Pilates	Pilates	Pilates	M & B's				
12.30		M & B's							Pilates			
1.00					M&B's							
1.30	Pilates											
2.00			Pilates			Pilates	pilates					
2.30	Pilates								Pilates			
3.00							Pilates					
3.30				Pilates					Pilates			
4.00			Pilates		Pilates		Pilates					
4.30				Pilates				Pilates	Pilates			
5.00							Pilates					
5.30	Pilates	Pilates		Pilates	Pilates	Pilates		Pilates				
6.00			Pilates									
6.30	Pilates	Pilates		Pilates	Pilates	Pilates	Pilates	Pilates				
7.00												
7.30			Pilates				Pilates					
8.00												

Group Pilates classes – 1 hour – maximum of 4 participants

Mums and Bubs classes – maximum 4 participants

GLAD maximum 4 participants

One:One Pilates classes and Two: One (duets) Pilates classes available at most times by arrangement with your Pilates physiotherapist.