

# Current Pilates Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	
07.30									Pilates for Sports 07.30 (45min) Emma				
08.00													
08.30													
09.00									Int 1 09.00 Julie M		Int 1 09.00 Jenny	Ante/Post Natal 09.00 Becky	
09.30	Int 2 9.30 Julie M		Int 1 09.30 Julie M	Int 1 (Rehab) 09.30 Yulia	Int 2 09.30 Sandra	Int 1 09.30 Janet	Int 1 09.30 Susie P			Beg 09.30 Sue C			
10.00		Neuro 10.00 Jess						Int 1 (Rehab) 10.00 Sue C			Beg 10.00 Caitlin	Int 1 10.00 Jenny	
10.30	Older Adult 10.30 Julie M			Int 1 10.30 Julie M		Int 2 10.45 Julie M	Beg 10.30 Susie P		Int 1 10.30 Susie P			Int 1 10.30 Sue C	Int 1/2 11.00 Caitlin
11.00		Neuro 11.00 Jess		Neuro 11.00 Stella				Int 1 11.00 Sue C					
11.30	Int 1 11.30 Elaine				Older Adult 11.45 Suzie C		Int 2 11.45 Julie M		Rehab 11.30 Susie P	Older Adult 11.30 Janet			
12.00													
12.30	Int 1 12.30 Katie							Int 2/Adv 12.30 Janet			Post Natal * 12.30 Katie		
13.00													
13.30	Post Natal * 13.30 Katie							Rehab 13.45 Emma					
14.00													
14.30	Post Natal * 14.45 Jenny												
15.00													
15.30			Int 1/2 15.30 Julie M										
16.00													
16.30													
17.00	Int 1 17.00 Jenna					Int 1 17.00 Sandra							
17.30								Ante/Post Natal 17.30 Jacqui					
18.00	Int 2 18.00 Jenna		Int 1/2 17.30 Julie M			Beg 18.00 Sandra		Int 1 18.00 Caitlin					
18.30				Beg 18.30 Yulia			Int 1 18.30 Sue C			Ante/Post Natal 18.30 Jacqui		Ante/Post Natal 18.30 Katie	
19.00	Int 1 19.00 Susie P					Adv 19.00 Jenny		Int 2 19.00 Caitlin					
19.30			Int 1 19.30 Su L		Ante/Post Natal 19.30 Emily				Int 1/2 19.30 Sam		Int 1 19.30 Sarah		
20.00	Int 2/Adv 20.00 Susie P					Int 2 20.00 Jenny		Int 1 20.00 Katie					
20.30			Int 2 20.30 Su L		Beg 20.30 Paul				Beginners 20.30 Sam		Beg 20.30 Sarah		
21.00													

Large class (maximum 12 people)

Small class (maximum 6 people)

Small class (maximum 5 people)

*\*class allows babies*