

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 Liz	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 1/2 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	Int 1 10.00 Janet		Beg 10.00 Caitlin	Int 1 10.00 Liz
10.30	Older Adult 10.30 Julie M		Int 1 10.30 Julie M	Neuro 10.30 Jess	Int 2 10.45 Julie M	Beg 10.30 Susie P	Int 1 10.30 Susie P			Int 1 10.30 Sue C		
11.00		Neuro 11.00 Jess						Older Adult 11.00 Suzie	Specialist Pilates 11.00 Janet		Int 1/2 11.00 Caitlin	
11.30	Int 1 11.30 Elaine		Older Adult 11.45 Suzie C	Neuro 11.30 Jess	Int 1 11.45 Julie M	Rehab 11.30 Susie P	Older Adult 11.30 Janet					
12.00												
12.30	Int 1 12.30 Elaine						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			Int 1/2 17.30 Julie M				Ante/Post Natal 17.30 Jacqui					
18.00	Int 2 18.00 Jenna					Beg 18.00 Sandra		Int 1 18.00 Caitlin				
18.30		Beg 18.30 Yulia	Int 1 18.30 Caitlin	Int 1 18.30 TBC			Ante/Post Natal 18.30 Jacqui		Ante/Post Natal 18.30 Jenna			
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	Int 1 19.30 Emma	Ante/Post Natal 19.30 Caitlin			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 Jenna				
20.30		Int 2 20.30 Su L	Int 2 20.30 Emma	Int 1 20.30 Liz			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*