



# REMOTE PILATES TIMETABLE - APRIL/MAY COURSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07.30					<b>Pilates for Sport</b> 7.30 Emily/Jenny	
08.00						
08.30						
09.00					<b>Intermediate 1</b> 9.00 Julie	<b>Intermediate 1/2</b> 9.00 Jenny
09.30	<b>Intermediate 2</b> 9.30 Julie		<b>Intermediate 1</b> 9.30 Janet	<b>Intermediate 1</b> 9.30 Susie P		
10.00		<b>Intermediate 1</b> 10.00 Julie			<b>Intermediate 1/2</b> 10.30 Julie	<b>Intermediate 1</b> 10.30 Susie P
10.30						
11.00						<b>Intermediate 1/2</b> 11.00 Caitlin
11.30	<b>Intermediate 1</b> 11.30 Catherine	<b>Older Adult/Rehab</b> 11.45 Suzie C	<b>Beginners</b> 11.30 TBC		<b>Older Adult/Rehab</b> 11.30 Janet	
12.00						
12.30	<b>Post Natal</b> 12.30 Emily			<b>Advanced</b> 12.30 Emily		
13.00						
13.30	<b>Neuro</b> 1.30 Jess				<b>Post Natal</b> 1.30 Caitlin	
14.00				<b>Neuro</b> 2.00 Jess		
14.30	<b>Neuro</b> 2.30 Jess					
15.00						
15.30		<b>Intermediate 1</b> 3.30 Julie				
16.00						
16.30						
17.00	<b>Intermediate 1/2</b> 5.00 Julie					
17.30		<b>Beginners</b> 5.30 Emily		<b>Ante Natal</b> 5.30 Jenny		
18.00	<b>Beginners</b> 6.00 Emily				<b>Intermediate 1</b> 6.00 Caitlin	
18.30						
19.00	<b>Intermediate 1</b> 7.00 Susie P	<b>Intermediate 1</b> 6.30 Caitlin	<b>Intermediate 2/Advanced</b> 7.00 Jenny			
19.30						<b>Intermediate 1/2</b> 7.30 Emily
20.00	<b>Intermediate 2/Advanced</b> 8.00 Susie P	<b>Ante Natal</b> 7.30 Jacqui	<b>Intermediate 1/2</b> 8.00 Jenny			
20.30						<b>Intermediate 1</b> 8.30 Jenny
21.00		<b>Intermediate 2</b> 8.30 Suzie C				

 Large class (max 11 people)

 Small class (max 6 people)