

MAIN STUDIO & ONLINE

Christmas 2021 Timetable

	MONDAY 20th		TUESDAY 21st		WEDNESDAY 22nd		THURSDAY 23rd		FRIDAY 24th		SATURDAY-NO CLASSES	
	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom
07.30												
08.00												
08.30												
09.00												
09.30	Int 2 9.30 Julie						Int 1/2 09.30 Susie				Int 1/2 09.00 Emily	
10.00			Int 1 10.00 Julie									
10.30		Neuro 10.30 Julie			Int 1 10.30 Julie		Int 1 10.30 Susie					
11.00			Post Natal 11.00 Julie									
11.30	Int 1 11.30 Catherine				Rehab 11.30 Sue		Older Adult 11.30 Yulia		Neuro 11.30 Stella			
12.00			Rehab 12.00 Susie									
12.30												
13.00												
13.30												
14.00												
14.30	Neuro 2.30 Emily											
15.00												
15.30			Int 1/2 15.30 Julie									
16.00												
16.30												
17.00		Int 1 17.00 Julie										
17.30			Int 1/2 18.00 Jennifer									
18.00	Beg 18.00 Yulia				Int 1 18.00 Susie							
18.30								Int 1/2 18.30 Julie				
19.00												
19.30	Int 1/2 19.30 Susie		Ante Natal 19.30 Jacqui		Int 2/Adv 19.30 Jenny							
20.00							Int 1/2 20.00 Jennifer					
20.30				Int 2 20.30 Liz								
21.00												

- Large Pilates class (max 12)
- Small Pilates class (max 6)
- Strength Class (max 12)

HAZEL STUDIO (Reformer classes - max 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09.30 Emily		09.15 Caitlin			
18.15 Emily					
19.15 Emily					

OAK STUDIO (max 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	18.30 Ante Natal Jenna				
20.00 Beg/Int 1 Catherine		20.00 Beg/Int 1 Catherine			