

MAIN STUDIO & ONLINE

Studio Timetable—JANUARY/FEBRUARY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom
07.30									Advanced 07.30 Emily/Caitlin			
08.00												
08.30												
09.00			Int 1 9.00 Susie P						Int 2 09.00 Julie		Int 2 09.00 Liz	
09.30	Int 2 9.30 Julie				Int 1 09.30 Janet		Int 1 09.30 Susie P				Int 1 10.15 Catherine	
10.00			Int 1 10.00 Julie						Int 1 10.00 Sue		Int 1 10.15 Catherine	
10.30		Neuro 10.30 Julie			Int 1 10.30 Julie		Int 1 10.30 Susie P				Int 1/2 11.15 Catherine	
11.00			Post Natal 11.00 Stella						Beg 11.00 Sue C	Rehab 11.00 Janet	Int 1/2 11.15 Catherine	
11.30	Int 1 11.30 Catherine				Int 1 11.30 Julie		Older Adult 11.30 Yulia	Neuro 11.30 Stella				
12.00			Rehab 12.00 Suzie C									
12.30							Adv 12.30 Stella					
13.00												
13.30						Strength Class 13.30 Suzie			Post Natal 13.30 Caitlin			
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 17.30 Julie									
18.00	Beg 18.00 Yulia				Int 1 18.00 Susie							
18.30			Int 1 18.30 Jennifer					Int 2 18.30 Julie				
19.00	Int 1 19.00 Susie P					Adv 19.00 Jenny						
19.30			Ante Natal 19.30 Jacqui	Ante Natal 19.30 Jenny				Int 2 19.30 Molly				
20.00	Int 2 20.00 Susie P					Int 2 20.00 Jenny		Int 1 20.30 Molly				
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
9.30 Emily	08.50 Julie	09.15 Caitlin	9.30 Emily	10.15 Julie	
18.15 Emily				12.15 Caitlin	
19.15 Emily	19.30 Liz	18.30 Caitlin			

OAK STUDIO (max 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10.30 Rehab - Sue	10.30 Older A - Catherine	10.30 Ante Natal- Emily	
		11.30 Rehab - Sue	11.30 Int 1/2 - Catherine		
19.30 Beg - Catherine	18.30 Beg- Molly	19.30 Int 1 - Sarah	18.30 Ante Natal - Jenna		
20.30 Int 1 - Catherine		20.30 Beg - Sarah	19.30 Ante Natal - Jenna		