

# REMOTE PILATES TIMETABLE - JUNE/JULY 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
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</b> 10.00 Janet
10.30			<b>Intermediate 1/2</b> 10.30 Julie	<b>Intermediate 1</b> 10.30 Susie P		
11.00						
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						
14.30	<b>Neuro</b> 2.30 Jess			<b>Neuro</b> 2.00 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		<b>Intermediate 1</b> 6.30 Caitlin				
19.00	<b>Intermediate 1</b> 7.00 Susie P			<b>Intermediate 2/Advanced</b> 7.00 Jenny		
19.30		<b>Ante Natal</b> 7.30 Jacqui			<b>Intermediate 1/2</b> 7.30 Emily	
20.00	<b>Intermediate 2/Advanced</b> 8.00 Susie P			<b>Intermediate 1/2</b> 8.00 Jenny		
20.30		<b>Intermediate 2</b> 8.30 Suzie C			<b>Intermediate 1</b> 8.30 Jenny	
21.00						

Large class (max 11 people)

Small class (max 6 people)