

Studio Timetable—July/August

MAIN STUDIO & ONLINE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom
07.30									Advanced 07.30 Jenny			
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											
10.00				Int 1 10.00 Julie				Int 1 10.00 Susie		Int 1 10.00 Sue		
10.30		Neuro 10.30 Julie										
11.00			Post Natal 11.00 Stella		Int 1 10.30 Julie				Beg 11.00 Sue C	Rehab 3 weeks only 11.00 Janet		
11.30	Int 1 11.30 Catherine											Older Adult 11.30 Yulia
12.00			Rehab 12.00 Suzie C									
12.30					Rehab 12.30 Sue		Adv 12.30 Stella					
13.00												
13.30						Strength Class 13.30 Suzie			Post Natal 13.30 Caitlin			
14.00												
14.30												
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							Ante Natal 18.30 Jenna	Int 1/2 18.30 Julie				
19.00												
19.30	Int 1/2 7.30pm Susie P		Ante Natal 19.30 Jacqui		Int 2/Adv 7.30pm Jenny							
20.00												
20.30				Int 2 20.30 Liz			Int 1/2 8.00pm Jennifer/Liz					
21.00												

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

HAZEL STUDIO (Reformer classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		09.15 - Julie/Caitlin		10.15 - Julie	
				12.15 - Caitlin	