

REMOTE PILATE CLASSES - 30th March to 12th April

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

Large class

Small class