

THE PHYSIO CLINIC PROSPECT PILATES TIMETABLE 2016

Accurate as of 01/07/16

*all classes run for 45 minutes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am			Pilates Jacqui			
8.00am						
8.30am		Unsupervised Membership Access 8.30am-10.00am	Unsupervised Membership Access 8.30am-10.00am		Unsupervised Membership Access 8.30am-10.00am	
9.00am	Pilates Jacqui			Pilates Leah		Pilates Leah or Jacqui
10.00am	Pilates Leah	Pilates Jacqui	Pilates Jacqui	Pilates Leah	Pilates Leah	Pilates Leah or Jacqui
11.00am	Pregnancy Pilates Leah			Pregnancy Pilates Leah		Unsupervised Membership Access
12.00pm	Unsupervised Membership Access 12:00pm-1.30pm	Unsupervised Membership Access 11:00am-1.30pm	Unsupervised Membership Access 11:00am-1.30pm	Unsupervised Membership Access 12:00pm-1.30pm		
1.00pm						
1.30pm	Pilates Jacqui	Pilates Leah	Pilates Jacqui	Pilates Jacqui	Unsupervised Membership Access 11:00pm-5:00pm	
2.30pm						
3.00pm	Unsupervised Membership Access 2:30pm-5:00pm	Unsupervised Membership Access 2:30pm-5:00pm	Unsupervised Membership Access 2:30pm-5:00pm	Unsupervised Membership Access 2:30pm-5:00pm		
4.00pm						
5.00pm	Pilates Henry	Pilates Leah	Pilates Leah	Pilates Jacqui	Pilates Yen	
6.00pm	Pilates Henry	Mat Pilates Leah	Pilates Yen	Mat Pilates Jacqui		
7.00pm		Pilates Leah	Pilates Yen	Pilates Jacqui		

