



PILATES CLASS TIMETABLE

Updated October 2018

Pilates classes run for 45 minutes

The Physio Clinic, 177 Prospect Road, PROSPECT SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am		Unsupervised Membership Access 8:30am-5:00pm			Unsupervised Membership Access 8:30am-10:00am	
9.00am	Pilates at 9am <i>Shannon</i>			Pilates at 9am <i>Sarah</i>		Pilates at 9am <i>Sarah/Lauren</i>
10.00am	Pilates at 10am <i>Shannon</i>		Pilates at 10am <i>Lauren</i>	Pilates at 10am <i>Sarah</i>	Pilates at 10am <i>Shannon</i>	Pilates at 10am <i>Sarah/Lauren</i>
11.00am	Pilates at 11am <i>Sarah</i>			Pilates at 11am <i>Sarah</i>	Unsupervised Membership Access 11:00pm-5:00pm	Unsupervised Membership Access
12:00pm	Unsupervised Membership Access 12:00pm-2:00pm			Unsupervised Membership Access 12:00pm-1:30pm		
1.00pm				Pilates at 1.30pm <i>Shannon</i>		
1.30pm						
2.00pm	Pilates at 2pm <i>Shannon</i>			Unsupervised Membership Access 2:30pm-5:00pm		
3.00pm	Unsupervised Membership Access 3:00pm-4:00pm					
4.00pm						
5.00pm	Pilates at 5pm <i>Sarah</i>	Pilates at 5pm <i>Shannon</i>	Pilates at 5pm <i>Sarah</i>	Pilates at 5pm <i>Shannon</i>	Pilates at 5pm <i>Sarah</i>	
6.00pm	Pilates at 6pm <i>Chrissy</i>	Pilates 6pm <i>Shannon</i>				



PILATES CLASS TIMETABLE

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6/322 Grange Road, KIDMAN PARK SA

(Inside Findon Swim School Building, opposite Findon Shopping Centre)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am			Pilates at 9:40am <i>Shannon</i>			
10-11am				Pilates at 10:00am <i>Lauren</i>		
12:00pm			Pilates at 12pm <i>Shannon</i>			
12.30pm						
2:00pm						
3:30pm						
5.00pm						
6.00pm						

PILATES CLASS TIMETABLE

Updated October 2018

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8/365 Shepherds Hill Road, BLACKWOOD SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am				Pilates at 8am <i>Nat</i>		Pilates at 8am <i>Nat/Erin</i>
9:00am		Pilates at 9am <i>Erin</i>	Pilates at 9am <i>Erin</i>	Pilates at 9am <i>Nat</i>	Pilates at 9am <i>Erin</i>	Pilates at 9am <i>Nat/Erin</i>
10:00am	Pilates at 10am <i>Nat</i>	Pilates at 10am <i>Erin</i>	Mums & Bubs Pilates at 10am <i>Nat</i>	Pilates at 10am <i>Nat</i>	Pilates at 10am <i>Erin</i>	Pilates at 9:45am <i>Nat/Erin</i>
11:00am	Unsupervised Membership Access 11:00am-5:00pm	Unsupervised Membership Access 11:00am-6:00pm	Unsupervised Membership Access 11:00am-6:00pm	Pilates at 11am <i>Chris</i>	Unsupervised Membership Access 11:00am-5:00pm	
12:00pm				Unsupervised Membership Access 12:00pm-6:00pm		
5:00pm						
5.15pm	Pilates at 5.15pm <i>Nat/Chris</i>					
6.15 pm	Pilates at 6:15pm <i>Nat</i>	Pilates at 6:15pm <i>Erin</i>	Pilates at 6:15pm <i>Chris</i>	Pilates at 6:15pm <i>Erin</i>		
7:00 pm		Pilates at 7pm <i>Chris</i>	Pilates at 7pm <i>Chris</i>			



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Godfree House, 2 Moore Street, TOORAK GARDENS SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10.00am			Pilates at 10 am <i>Ben</i>		Pilates at 10 am <i>Ben</i>	
10:30am	Pilates at 10:30 am <i>Ben</i>					
11.00am						
12:00pm		Pilates at 12 pm <i>Chrissy</i>				
1.00pm						
2.00pm				Pilates at 2pm <i>Chrissy</i>		
3.00pm						
4.00pm						
5.00pm	Pilates at 5 pm <i>Jesse</i>		Pilates at 5 pm <i>Amy</i>			