



## CLASS TIMETABLE 2015 PILATES & GYM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		GYM AVAILABLE 8:00am-9:45am	GYM AVAILABLE 8:00am-9:45am		GYM AVAILABLE 8:00am-9:45am	
9:00am	9:00am Pilates <i>Jacqui</i>			9:00am Pilates <i>Jacqui</i>		9:00am Pilates <i>Bree or Jacqui</i>
9:45am	9:45am Pilates <i>Yen</i>	9:45am Pilates <i>Bree</i>	9:45am Pilates <i>Jacqui</i>	9:45am Pilates <i>Jacqui</i>	9:45am Pilates <i>Bree</i>	9:45am Pilates <i>Bree or Jacqui</i>
10:30am	10:30am Pre/Post Natal <i>Yen</i>			10:30am Pre/Post Natal <i>Jacqui</i>		10:30am Pilates <i>Bree or Jacqui</i>
11:15am	11:15am Gym <i>Bree</i>		GYM AVAILABLE 10:30am-1:30pm			11:15am Gym <i>Bree or Jacqui</i>
12:00pm	GYM AVAILABLE 12:00pm-1:30pm	GYM AVAILABLE 10:30am-2:30pm		GYM AVAILABLE 11:15am-1:30pm	GYM AVAILABLE 12:00pm-4:15pm	
12:45pm						
1:30pm	1:30pm Pilates <i>Yen</i>		1:30pm Pilates <i>Yen</i>	1:30pm Pilates <i>Jacqui</i>		
2:15pm		2.30pm Strength & Balance <i>Bree</i>				
3:00pm	GYM AVAILABLE 2:15pm-5:15pm		GYM AVAILABLE 2:15pm-5:15pm	GYM AVAILABLE 2:15pm-5:00pm	4:15pm Pilates <i>Yen</i>	
3:45pm		GYM AVAILABLE 3.00pm - 6.00pm				
4:30pm				5:00pm Gym <i>Jacqui</i>		
5:15pm	5:15pm Gym <i>Bree</i>		5:15pm Gym <i>Bree</i>			
6:00pm	6:00pm Pilates <i>Bree</i>	6:00pm Mat Pilates <i>Yen</i>	6:00pm Pilates <i>Yen</i>			
6:45pm			6:45pm Pre/Post Natal <i>Yen</i>			

