

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 to 10.00am PILATES IN STUDIO LEVEL 1 Noel	9.15 to 10.15 PILATES ONLINE LEVEL 3/4 Scarlett		9.15 to 10.15 FL EXERCISE to music IN STUDIO with Lidia	9.15 to 10.15 PILATES IN STUDIO LEVEL 2/3 Nadia	9.15 to 10.30 PILATES IN STUDIO LEVEL 2/3 Nadia	8.45 to 10.00 (YOGA with CATHARINA) STUDIO BOOKED
10.20-11.20am STUDIO BOOKED		9.45 to 10.45 PILATES IN STUDIO LEVEL 2/3 Clara		10.25 to 11.25 PILATES IN STUDIO LEVEL 1/2 Nadia		
11.30 to 12.30 BALANCE & STRENGTH IN STUDIO with Nadia						
	12.15 to 1.15 DANCE TONE & STRETCH IN STUDIO Tamsyn	11.00 to 12.00 ALL MALE PILATES IN STUDIO LEVEL 1/2 Clara	12.00 TO 13.00 LIGHTEN YOUR LIFE ONLINE tbc Sharon Kallos	11.40 to 12.40 PILATES ONLINE LEVEL 2 Clara		
	14.00 TO 15.00 LIGHTEN YOUR LIFE Sharon Kallos	12.10 to 13.10 PILATES IN STUDIO LEVEL 1/2 Clara		12.00 to 13.00 PILATES IN STUDIO LEVEL 1 Noelle		
18.30 to 19.45 GENERAL LEVEL FLOW YOGA IN STUDIO	17.50 to 18.50 STUDIO BOOKED TEEN YOGA	19.15 to 20.15 (YOGA with CATHARINA) STUDIO BOOKED				
						<i>As at 18.9.2024</i>