

Current Pilates Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak
07.30									Pilates for Sports 07.30 (45min) Emma			
08.00												
08.30												
09.00									Int 1 09.00 Julie M		Int 1 09.00 Jenny	Ante/Post Natal 09.00 Becky
09.30	Int 2 9.30 Julie M		Int 1 09.30 Julie M	Int 1 (Rehab) 09.30 Yulia	Int 2 09.30 Sandra	Int 1 09.30 Janet	Int 1 09.30 Susie P			Beg 09.30 Sue C		
10.00		Neuro 10.00 Jess						Int 1 (Rehab) 10.00 Sue C	Int 1 10.00 Janet		Beg 10.00 Caitlin	Int 1 10.00 Jenny
10.30	Older Adult 10.30 Julie M		Int 1 10.30 Julie M		Int 2 10.45 Julie M	Beg 10.30 Susie P	Int 1 10.30 Susie P			Int 1 10.30 Sue C		
11.00		Neuro 11.00 Jess		Neuro 11.00 Jess				Int 1 11.00 Sue C			Int 1/2 11.00 Caitlin	Ante/Post Natal 11.00 Jenna
11.30	Int 1 11.30 Elaine		Older Adult 11.45 Suzie C		Int 2 11.45 Julie M	Rehab 11.30 Susie P	Older Adult 11.30 Janet					
12.00												
12.30	Int 1 12.30 Katie						Int 2/Adv 12.30 Janet					
13.00			Post Natal * 13.00 Stella									
13.30	Post Natal * 13.30 Katie						Rehab 13.45 Emma					
14.00												
14.30	Post Natal * 14.45 Jenny											
15.00												
15.30			Int 1/2 15.30 Julie M									
16.00												
16.30												
17.00	Int 1 17.00 Julie				Int 1 17.00 Sandra							
17.30			Int 1/2 17.30 Julie M			Ante/Post Natal 17.30 Jacqui						
18.00	Int 2 18.00 Jenna				Beg 18.00 Sandra		Int 1 18.00 Caitlin					
18.30		Beg 18.30 Yulia	Int 1 18.30 Emily	Int 1 18.30 Sue C		Ante/Post Natal 18.30 Jacqui		Ante/Post Natal 18.30 Katie				
19.00	Int 1 19.00 Susie P				Adv 19.00 Jenny		Int 2 19.00 Caitlin					
19.30		Int 1 19.30 Su L	Int 1 19.30 Emma	Ante/Post Natal 19.30 Emily		Int 1/2 19.30 Sam		Int 1 19.30 Sarah				
20.00	Int 2/Adv 20.00 Susie P				Int 2 20.00 Jenny		Int 1 20.00 Katie					
20.30		Int 2 20.30 Su L	Int 2 20.30 Emma	Beg 20.30 Paul		Beginners 20.30 Sam		Beg 20.30 Sarah				
21.00												

Large class (maximum 12 people)

Small class (maximum 6 people)

Small class (maximum 5 people)

**class allows babies*