

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 1/2 09.30 Sandra | Int 1 09.30 Janet | Int 1 09.30 Susie P | | | Beg 09.30 Sue C | | Int 1 10.00 Jenny |
| 10.00 | | Neuro 10.00 Katy | | | | | | 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 | | Int 1/2 11.00 Caitlin |
| 11.00 | | Neuro 11.00 Katy | | Neuro 11.00 Stella | | | | Int 1 11.00 Sue C | Specialist Pilates 11.00 Janet | | | 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 Elaine | | | | | | Int 2/Adv 12.30 Janet | | Post Natal * 12.30 Katie | | | |
| 13.00 | | | | | | | | | | | | |
| 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 Jenna | | | | Int 1 17.00 Sandra | | | | | | | |
| 17.30 | | | Int 1/2 17.30 Julie M | | | Ante/Post Natal 17.30 Jenna | | | | | | |
| 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 Jenna | | 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*