

GROUP EXERCISE CLASSES

TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PILATES STUDIO	6:15am	FROM 18th August (Kim)	REFORMER (Shaye)	FROM 20th August (Kim)	REFORMER (Shaye)	FROM 15th August (Monique)
	7:15am		REFORMER (Shaye)		REFORMER (Shaye)	
	9:30am	REFORMER (Hayley)				REFORMER (Hayley)
	10:30am	REFORMER (Hayley)			FROM 21st August (Kim)	REFORMER (Hayley)
	11:00am					
	4:15pm	REFORMER (Monique)		REFORMER (Monique)		FROM 22nd August (Kim)
	5:15pm	REFORMER (Monique)				
	5:30pm		REFORMER (Shaye)	REFORMER (Shaye)		
	6:30pm		REFORMER (Shaye)	REFORMER (Shaye)		