



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	9.30-10.30am Pilates** (with Amber)	9.30-10.30am Pilates (With Helen)	9.30-10.30am Pilates (With Helen)	9.30-10.30am Pilates** (with Amber)	9.30-10.30am Pilates (With Helena)
AM	10.30am-11.30am Pilates (with Amber)			10.30am-11.30am Pilates (with Amber)	
AM	11.45-12.45 Barre (with Amber)			11.45-12.45 Barre (with Helen)	
PM	7.00-8.00pm Pilates (with Amber)	6.00-7.00pm Pilates (with Helen)	7.00-8.00pm Pilates (with Amber)	7.00-8.00pm Pilates (with Amber)	
PM	8.00-9.00pm Pilates** (with Amber)	7.15-8.15pm Pilates** (with Helen)	8.00-9.00pm Pilates** (with Amber)	8.00-9.00pm Pilates (with Amber)	
PM	7.30-8.30pm Pilates (with Helen)				

**Intermediate / Advanced

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