

## Class Timetable

An initial assessment with a Physiotherapist is required to ensure that you are best suited to classes, as some injuries will require closer supervision and treatment and to help you decide which class you are most suited to. This ensures participants in each class gain maximum benefit from each class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.45am			Cardio Mat Claire		Beginners & Inters Mat Emma	
10.00am		Circuit Equipment Pilates Emma				
10.15am						Beginner & Inters Mat
11.00am	Cardio Equipment Pilates Nikki					
11.15am					Ante & Post Natal Mat Mel	
6.30pm	Ante & Post natal Mat Morag			Ante & Post natal Mat Morag		
7.00pm		Cardio Equipment Pilates Nikki				
7.35pm	Beginners & Inters Mat Morag			Beginners & Inters Mat Morag		

### NEW!!! Circuit Equipment Pilates

Ultimate way to get toned and fit! Challenge your way through this dynamic and highly charged class. You will work out using the classical Pilates machines to create a slimmer and more toned figure. Ideal for those wanting to see and feel the difference every class.

### NEW!!! Cardio Equipment Pilates:

This is a unique, more high energy class, where you'll enjoy getting your heart rate up and feeling the burn using the classical Pilates machines including the reformer and the cadillac.!