

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8AM	Beginner Mat Tegan	Power Pilates Trevor	One to One Pilates	One to One Pilates	Improvers Reformer Trevor
9AM	Inter Reformer Katie	Inter Reformer Trevor	Inter Reformer Maria	Inter Reformer Katie	Inter Reformer Katie
10AM	Inter Reformer Katie	Cardio Reformer Trevor	One to One Pilates	Improvers Reformer Katie	Power Pilates Trevor
11AM	One to One Pilates	Ante Natal Mat Maria	One to One Pilates	One to One Pilates	Cardio Reformer Trevor
12PM	Inter Mat Katie	One to One Pilates	Inter Reformer Maria	One to One Pilates	Improve Mat- Trevor Improve Reformer-Katie
1PM	One to One Pilates	Improvers Mat Nicola	One to One Pilates	Beginner/Inter Mat Maria	One to One Pilates
2PM	Post Natal Mat Maria	Post Natal Reformer Maria	One to One Pilates	One to One Pilates	One to One Pilates
3PM	One to One Pilates	One to One Pilates	One to One Pilates	One to One Pilates	One to One Pilates
4PM	One to One Pilates	One to One Pilates	One to One Pilates	One to One Pilates	One to One Pilates
5PM	One to One Pilates	One to One Pilates	One to One Pilates	One to One Pilates	
6PM	One to One Pilates	Improvers Mat - Nicola Beginners Reformer-Katie	One to One Pilates	Inter Reformer Trevor	
7PM	Inter Reformer Maria	Power Pilates Trevor	Beg/Inter Mat Tegan	Improvers Reformer Trevor	
8PM	One to One Pilates	Cardio Reformer-Trevor Beginner Mat- Nicola	One to One Pilates	Inter Mat Maria	