



Pilates Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM			Physio Led Pilates 9.15-10.00am Attila		Physio Led Pilates 10.30-11.15am Alice	Physio Led Pilates 8.15-9.00am Alice/ Attila
		Physio Led Pilates 11.00-11.45am Attila	Physio Led Pilates 10.00-10.45am Attila		Physio Led Pilates 11.15-12.00pm Alice	Physio Led Pilates 9.00-9.45am Alice/Attila
		Physio Led Pilates 11.45-12.30pm Attila				
PM	Physio Led Pilates 5.30-6.15pm Alice	General Pilates 5.30-6.30pm Adele	Physio Led Pilates 5.30-6.15pm Alice	General Pilates 5.30-6.30pm Adele		
	Physio Led Pilates 6.15-7.00pm Alice	General Pilates 6.30-7.30pm Adele	Physio Led Pilates 6.15-7.00pm Alice	General Pilates 6.30-7.30pm Adele		
	Physio Led Pilates 7.00-7.45pm Alice		Physio Led Pilates 7.00-7.45pm Alice	General Pilates 7.30-8.30pm Adele		
	Physio Led Pilates 7.45-8.30pm Alice		Physio Led Pilates 7.45-8.30pm Alice			

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