



**NB: BOOKING IS ESSENTIAL!**

PILATES CLASS SCHEDULE						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30					Pilates - Claire	
7:00			Pilates - Sharon			Pilates challenge - Sharon
8:00	Pilates - Carla		Pilates - Carla		Pilates challenge - Sharon	Pilates - Bronwyn
12:00			Pilates - Bronwyn			
14:00						
17:00	Pilates - Carla	Pilates - Carla		Pilates - Carla		
18:00		Pilates - Sarah				
18:00	Equipment class - Kim		Equipment Class - Kim	Equipment class - Kim		

YOGA CLASS SCHEDULE –						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 – 9.30		Iyengar Yoga - Dize				
10.15 – 11.45			Guided Iyengar class - Dize			

REBOUNGING/ BARRE CLASS SCHEDULE –						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.00		Pilates/Barre - Kim	Rebounding - Kim	Pilates/ Barre - Kim		
07.00	Barre - Claire				Barre - Claire	
08.00				Rebounding - Kim		
09:00			Rebounding - Rulene			
17.45			Barre - Claire			