





























Monday

Time	Class	Studio	Teacher
8.00am – 9.00am	 Semi Private Equipment Session 2:1	1	Genine
9.00am – 10.00am	 Semi Private Equipment Session 3:1	1	Genine
9.45am – 10.45am	 Mixed Ability – Suitable for Beginners	3	Aileen
10.00am – 11.00am	 Semi Private Equipment Session 3:1	1	Genine
11.00am – 12.00pm	 Semi Private Equipment Session 2:1	1	Anneke
1.30pm – 2.30pm	 Mixed Ability Mat Work Class (Off Peak)	3	Anneke
6.00pm – 7.00pm	 Semi Private Equipment Session 3:1	1	Anneke
7.00pm – 8.00pm	 Semi Private Equipment Session 3:1	1	Lucy
7.15pm – 8.15pm	 PULSE Mat Work Class	2	Anneke
8.00pm – 9.00pm	 Pregnancy Pilates Mat Work Class	3	Lucy
8.20pm – 9.20pm	 Mixed Ability – Suitable for Beginners	3	











Tuesday

Time	Class	Studio	Teacher
9.15am – 10.15am	 Mixed Ability – Beginner/Intermediate	3	Genine
10.30am – 11.30am	 Mixed Ability – Beginner/Intermediate	3	Christy
11.45am – 12.30pm	 TEDDYLATES Mum & Baby Class	3	Genine
1.30pm – 2.30pm	 Mixed Ability Mat Work Class (Off Peak)	3	Christy
6.10pm – 7.10pm	 Mixed Ability – Suitable for Beginners	3	Liz S
7.15pm – 8.15pm	 Intermediate/Advanced Mat Work Class	3	Genine
7.15pm – 8.15pm	 Mixed Ability Mat Work Class	2	Liz S
8.20pm – 9.20pm	 Mixed Ability Mat Work Class	3	Genine








Wednesday

Time	Class	Studio	Teacher
9.30am – 10.30am	 Mixed Ability – Suitable for Beginners	3	Susan
9.30am – 10.30am	 Semi Private Equipment Session 2:1	1	Natalie
10.45am – 11.45am	 Semi Private Equipment Session 2:1	1	Natalie
10.45am – 11.45am	 Mixed Ability Mat Work Class	3	Susan
12.00pm – 1.00pm	 Mixed Ability Mat Work Class (Off Peak)	3	Liz S
7.00pm – 8.00pm	 Mixed Ability YOGA	2	Ali
7.00pm – 8.00pm	 Mixed Ability Mat Work Class	3	Genine
8.10pm – 9.10pm	 Pilates Legs Bums & Tums Class	3	Sylvie
8.30pm – 9.30pm	 Mixed Ability Mat Work Class	2	Sara







Thursday

Time	Class	Studio	Teacher
9.30am – 10.30am	 Reformer Class 3:1	1	Sam
9.30am – 10.30am	 Mixed Ability Mat Work Class	3	Liz R
10.45am – 11.45am	 Mixed Ability – Suitable for Beginners	3	Liz R
10.45am – 11.45am	 Reformer Class 3:1	1	Sam
6.00pm – 7.00pm	 Semi Private Equipment Session 2:1	1	Genine
6.10pm – 7.10pm	 Mixed Ability Mat Work Class	3	Christy
7.15pm – 8.15pm	 Intermediate/Advanced Mat Work	3	Christy
8.20pm – 9.20pm	 Mixed Ability Mat Work Class	3	Christy
7.00pm – 8.00pm	 Reformer Class 3:1	1	Genine
8.00pm – 9.00pm	 Reformer Class 3:1	1	Genine



Friday

Time	Class	Studio	Teacher
9.00am – 10.00am	 Semi Private Equipment Session 2:1	1	Linda
9.30am – 10.30am	 Healthy Backs Mat Work Class	3	Liz
10.00am – 11.00am	 Semi Private Equipment Session 2:1	1	Linda
10.45am – 11.45am	 Mixed Ability – Suitable for Beginners	3	Liz
11.00am – 12.00pm	 Semi Private Equipment Session 3:1	1	Linda
12.00pm – 1.00pm	 Semi Private Equipment Session 3:1	1	Linda
1.15pm – 2.30pm	 Teacher Only Mat Work Class	3	Linda

Saturday

Time	Class	Studio	Teacher
9.00am – 10.00am	 Semi Private Equipment Session 3:1	1	Anneke
9.00am – 10.00am	 Arc Barrel Class	3	Natalie
10.15am – 11.15am	 FUSION Mat Work Class	2	Anneke
10.15am – 11.15am	 Mixed Ability Mat Work Class	3	Natalie
11.30pm – 12.30pm	 Pregnancy Pilates Mat Work Class	2	Anneke
11.30pm – 12.30pm	 Reformer Class 3:1	1	Natalie

Sunday

Time	Class	Studio	Teacher
9.25am – 10.25am	 Dynamic Yoga	3	Emma
10.30am – 11.30am	 Mixed Ability Mat Work Class	3	Emma