

	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am	—	Pilates	Pilates		Pilates
7:45am	—	—	—	Pilates	—
8:00am	—	—	—	—	—
8.30am	Pilates	Pilates	Pilates	Pilates	Pilates
8.45am	—	Hydro	—	—	—
9:00am	—	—	—	—	Hydro
9.15am	—	Pilates	—	Pilates	Pilates
9:30am	—	Hydro	—	—	—
9:45am	—	—	—	—	Hydro
10:00am	—	Pilates	Pilates	Pilates	—
10.45am	—	Pilates	—	—	—
3:45pm	Pilates	—	—	Pilates	—
4:30pm	Pilates	—	Hydro	—	—
5:15pm	Pilates	Pilates	Hydro	Pilates	—

Class duration 45minutes. Bookings are essential for all classes. Notice of cancellation is required 12 hours prior to your booked session or a cancellation fee of \$20 will be charged.

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