

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Pilates Cara	Pilates Margaret	—	Pilates Cara	Pilates Cara	—
7:30am	Pilates Cara	Pilates Margaret	Pilates Margaret	Pilates Cara	Pilates Cara	—
8:30am	—	Pilates Margaret	—	Pilates Cara	Pilates Cara	Pilates
9.30am	Pilates Meredith	Pilates Margaret	Pilates Margaret	Pilates Sarah C	Pilates Meredith	Pilates
10.30am	Pilates Anita	Pilates Cara	Pilates Anita	Pilates Sarah C	Pilates Meredith	Pilates
11:30am	Pilates Sarah P	Fab 50s + Mums & Bumps	—	Mums & Bumps	—	Mums & Bumps
12:30pm	Pilates Sarah P	Pilates Sarah C	—	Pilates Sarah C	—	—
1:30pm	—	Pilates Scott	Pilates Margaret	Pilates Scott	Pilates Anita	—
2:30pm	Fab 50s +	Pilates Cara	Fab 50s +	—	—	—
3.30pm	Pilates Cara	Pilates Cara	—	Pilates Cara	—	—
4:30pm	Pilates Margaret	—	Pilates Anita	Pilates Cara	—	—
5:30pm	Pilates Margaret	Pilates Sarah C	Pilates Anita	Pilates Mary	—	—
6:15pm	Pilates Sarah P	Pilates Cara	Pilates Anita	Pilates Mary	—	—

Class duration 45 minutes. 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.

Flex Norwood
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