

**PILATES CLASS TIMETABLE – PARKSIDE** (Effective 1<sup>st</sup> January 2012) Ph: 8271 3144

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		<b>8.00 GES</b> Caitlin		<b>8.00 GES</b> Rachel		
8.30am			<b>8.30 GES</b> Shannon		<b>8.30 GES</b> Caitlin	
9.00am						<b>9.00</b> • Inter Mat
9.15 am		<b>9.15</b> Gentle Mat Caitlin	<b>9.15</b> ◆ Trim and Toned Shannon	<b>9.15</b> • Inter Mat Rachel	<b>9.15</b> • Early Inter Mat Belinda	
9.30am						
10.00am						
10:15m						
10.30am		<b>10.30</b> • Inter Mat Caitlin			<b>10.30</b> Gentle Mat Caitlin	<b>10.30 GES</b>
11.00am						<b>11am</b> ◆ Pregnancy Mat
11.30am					<b>11.30</b> Mums and Bubs Caitlin	
12.00pm						
12.30pm						
4.30pm						
4.45pm	<b>4.45 GES</b> Rachel		<b>4.45 GES</b> Belinda	<b>4.45 GES</b> Shannon		
5.15pm		<b>5.15 GES</b> Ellie				
5.30pm	<b>5.30</b> ◆ Trim and Toned Rachel		<b>5.30</b> Gentle Mat Belinda	<b>5.30</b> ◆ Adv Mat Shannon		
5.45pm		<b>5.45</b> Gentle Mat Ellie				
6.30pm			<b>6.30</b> ◆ Pregnancy Mat Belinda	<b>6.30</b> Gentle Mat Shannon		
6.45pm						
7.00pm						
7.30pm						
7.45pm	<b>7.45</b> Gentle Mat Rachel	<b>7.45</b> • Inter Mat Ellie	<b>7.45</b> ◆ Trim and Toned Belinda			
8.00pm						
8.30pm						



**TIMETABLE NOTES**

- Bookings must be made in advance for all classes
- All classes are one hour duration
- Please give as much notice as possible to cancel a class
- Missed classes may be charged the full fee

SEE OVER FOR CLASS DESCRIPTIONS

*If you have low bone density or are pregnant please inform your Pilates Instructor.*