

PILATES CLASS TIMETABLE – PARKSIDE (Effective 5 February 10) Ph: 8271 3144

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am			8.00 GES Jenny	8.00 GES Vanessa		
8.30am					8:30 GES Ellie	8.30 • Inter Mat
9.00am	9.15 • Inter Mat Alice	9.15 Gentle Mat Ellie	9.15 • Trim and Toned Jenny	9.15 • Inter Mat Jenny	9.15 • Early Inter Mat Jenny	
9.30am						9.30 • Inter Mat
10am						
10.30am		10.30 • Inter Mat Ellie	10.30 Mums and Bubs Jenny		10.30 Gentle Mat Ellie	10.30 GES
11am						11am ♦ Pregnancy Mat
11.30am						
1.30pm	1.45 GES Clare					
2.00pm						
2.30pm						
3.00pm						
4.00pm						
4.30pm	4.45 GES Clare		4.45 GES Clare	4.45 GES Rachel		
5.00pm		5.15 GES Jenny				
5.30pm		5.45 Gentle Mat Alice	5.30 Gentle Mat Clare	5.30 ♦ Adv Mat Rachel		
6.00pm						
6.30pm	6.30 • Inter Mat Vanessa T		6.30 ♦ Pregnancy Mat Clare	6.30 Gentle Mat Alice		
7.00pm		6.45 Gentle Mat Jenny				
7.30pm	7.45 Gentle Mat Vanessa T		7.45 • Trim and Toned Ellie	7.45 Beginners Course Alice		
8.00pm		8pm • Inter Mat Jenny				
8.30pm						



physiotherapy
pilates
proactive

TIMETABLE NOTES

- Bookings must be made 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

PARKSIDE

BEGINNERS COURSES (5 WEEKS)

Thursday Evening 7.45 pm

4 March 2010 – 1 April 2010

22 April 2010 – 20 May 2010

27 May 2010 – 24 June 2010

STIRLING

BEGINNERS COURSES (5 WEEKS)

Wednesday Evening 7.45pm

3 March 2010 – 31 March 2010

21 April 2010 – 19 May 2010

26 May 2010 – 23 June 2010

SEE OVER FOR CLASS
DESCRIPTIONS

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