

PILATES CLASS TIMETABLE – STIRLING (Effective 1 JAN 2012) Ph: 8339 3188

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am						
8.00am	8.00 GES	8.00 GES	8.00 GES	8.00 GES	8.00 GES	
8.30am	<i>Belinda</i>	<i>Rachel</i>	<i>Jane</i>	<i>Caitlin</i>	<i>Jane</i>	
9.00am	9.15 • Inter Mat	9.15 ◆ Trim & Toned	9.15 • Inter Mat	9.15 • Inter Mat	9.15 Gentle Mat	9.00 • Inter Mat
9.30am	<i>Belinda</i>	<i>Rachel</i>	<i>Jane</i>	<i>Annie</i>	<i>Jane</i>	
10am						10.00 GES
10.30am	10.30 Gentle Mat	10.30 ◆ Adv Mat	10.30 Gentle Mat	10.30 Gentle Mat	10.30 * • Inter Mat	
11am	<i>Caitlin</i>	<i>Rachel</i>	<i>Jane</i>	<i>Annie</i>	<i>Jane</i>	
11.30am		11.30 GES	11.30 GES			
12pm		<i>Gwendalyn</i>	<i>Jane</i>			
12.30pm						
1.00pm	1.00 GES				1.00 GES	
1.30pm	<i>Caitlin</i>				<i>Gwendalyn</i>	
2.00pm					2.00 ◆ Adv Mat	
2.30pm					<i>Gwendalyn</i>	
3.00pm					3.00 GES	
3.30pm					<i>Jane</i>	
4.00pm		4.00 GES	4.00 GES	4.00 GES		
4.30pm		<i>Belinda</i>	<i>Briar</i>	<i>Belinda</i>		
5.00pm						
5.30pm	5.30 ◆ Trim & Toned	5.30 • Inter Mat	5.30 Gentle Mat	5.30 Gentle Mat		
6.00pm	<i>Caitlin</i>	<i>Annie</i>	<i>Briar</i>	<i>Belinda</i>		
6.30pm	6.30 Men's Pilates	6.30 Gentle Mat	6.30 • Inter Mat			
7.00pm	<i>Gwendalyn</i>	<i>Annie</i>	<i>Briar</i>			
7.30pm						
8.00pm	7.45 Gentle Mat	7.45 • Early Inter Mat	7.45 Men's Pilates	7.45 • Inter Mat		
8.30pm	<i>Gwendalyn</i>	<i>Briar</i>	<i>Briar</i>	<i>Jane</i>		



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

Please note classes marked with * as follows:

* *Friday 10.30 am*
"BALL" class last Friday of month

SEE OVER FOR CLASS DESCRIPTIONS

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