

PILATES CLASS TIMETABLE – STIRLING (Effective 23 February 2010) Ph: 8339 3188



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------------------------------------|--------------------------------------------------|----------------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------|
| 7.30am | | | | | | |
| 8.00am | 8.00 GES <i>Rachel</i> | 8.00 GES <i>Rachel</i> | | 8.00 GES <i>Ellie</i> | 8.00 GES <i>Jane</i> | |
| 8.30am | | | | | | |
| 9.00am | 9.15 * • Inter Mat <i>Rachel</i> | 9.15 • Trim & Toned <i>Rachel</i> | 9.15 • Early Inter Mat <i>Vanessa</i> | 9.15 • Inter Mat <i>Annie</i> | 9.15 Gentle Mat <i>Jane</i> | 9.00 • Inter Mat |
| 9.30am | | | | | | |
| 10am | 10.15 GES <i>Rachel</i> | | | | | 10.00 GES |
| 10.30am | | 10.30 ♦ Adv Mat <i>Rachel</i> | 10.30 Gentle Mat <i>Jane</i> | 10.30 Gentle Mat <i>Annie</i> | 10.30 * • Inter Mat <i>Jane</i> | |
| 11am | | | | | | |
| 11.30am | | 11.30 GES <i>Gwendalyn</i> | 11.30 GES <i>Jane</i> | | | |
| 12pm | | | | | | |
| 12.30pm | | | | | | |
| 1.00pm | 1.00 GES <i>Ellie</i> | | | | 1.00 GES <i>Gwendalyn</i> | |
| 1.30pm | | | | | | |
| 2.00pm | | | | | | |
| 2.30pm | | | | | | |
| 3.00pm | | | | | | |
| 3.30pm | | | | | | |
| 4.00pm | | 4.00 GES <i>Jane</i> | 4.00 GES <i>Briar</i> | 4.00 GES <i>Vanessa</i> | 4.00 GES <i>Rachel</i> | |
| 4.30pm | | | | | | |
| 5.00pm | | | | | | |
| 5.30pm | 5.30 • Trim & Toned <i>Ellie</i> | 5.30 • Inter Mat <i>Briar</i> | 5.30 • Inter Mat <i>Annie</i> | 5.30 Gentle Mat <i>Jane</i> | | |
| 6.00pm | | | | | | |
| 6.30pm | 6.30 GES <i>Gwendalyn</i> | 6.30 Gentle Mat <i>Briar</i> | 6.30 ♦ Adv Mat <i>Annie</i> | 6.30 GES <i>Jane</i> | | |
| 7.00pm | | | | | | |
| 7.30pm | | | | | | |
| 8.00pm | 7.45 Gentle Mat <i>Gwendalyn</i> | 7.45 • Early Inter Mat <i>Briar</i> | 7.45 Beginners Course <i>Briar</i> | 7.45 • Inter Mat <i>Jane</i> | | |
| 8.30pm | | | | | | |

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

Please note classes marked with * as follows:

* **Monday 9.15am**

Includes some ball exercises

* **Friday 10.30 am**

“BALL” class last Friday of month:

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

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

SEE OVER FOR CLASS DESCRIPTIONS

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