



FROM THE COMFORT OF YOUR OWN HOME

MONDAY

9.30-10.30am
Mixed Level Pilates:
Julia

8.00-9.00pm
General Pilates:
Julia

TUESDAY

9.30-10.15am
General Pilates:
Vicki

11.00-12.00am
Mixed Level Pilates:
Catherine

6.30-7.30pm
Mixed Level Pilates:
Julia

WEDNESDAY

10.30-11.30am
**Mixed Low Level
Pilates with Short
Relaxation:**
Julia

THURSDAY

9.30-10.30am
General Pilates:
Catherine

6.30pm-7.30pm
Mixed Level Pilates:
Emma

FRIDAY

9.30-10.30am
General Pilates:
Catherine

10.40-11.40am
**Mixed Level Low
Pilates:**
Julia

SATURDAY

9.00-9.45am
HIIT: Liz
Alternating weeks
with Barre & Emma