



## MOVER BETTER FEEL BETTER

### MONDAY

9.30-10.30am

**Mixed Level Pilates:**

Catherine  
St Marys

10.30-11.30am

**Mixed Level Pilates:**

Vicki  
St Marys

6.30-7.30pm

**Mixed Level Pilates:**

Mitchell  
St Marys

6.30-7.30pm

**Mixed Level Pilates:**

Mitchell  
St Marys

### WEDNESDAY

10.30-11.30am

**Chair Pilates:**

Veronica

Oddfellows

Coming SOON

### THURSDAY

9.30-10.30am

**Mixed Level Pilates:**

Rachel  
St Marys

10.30-11.30am

**Begginers/Returners:**

Rachel  
St Marys

6.30-7.30pm

**Mixed Level Pilates:**

Naomi  
St Marys

6.30-7.30pm

**Mixed Level Pilates:**

St Marys  
Coming SOON

### FRIDAY

9.30-10.30am

**Mixed Level Pilates:**

Vicki  
St Marys

10.40-11.40am

**Low Level Pilates:**

Vicki  
St Marys

### SATURDAY