

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am Pilates (45 mins) Christine Level 2	7.00am Pilates (55 mins) Anne Level 1/2	9.15am Pilates (55 mins) Julie Level 2	9.15am Pilates (55 mins) Angie Level 1/2	9.00am Total Fitness (55 mins) Becky Open level
No class	9.00am Pilates (55 mins) Christine Level 3	10.30am Total Fitness (45 mins) Christine Open level	10.30am Pilates (55 mins) Angie Level 1	9.15pm Pilates (55 mins) Emma (Studio 2) Level 2
10.00am Pilates (55 mins) Christine Level 2/3	10.15am Pilates (55 mins) Christine Level 2	11.30am (55 mins) Pilates Julie Open Level 1/2	11.30am Pilates (55 mins) Angie Level 1/2	10.15am Pilates (55 mins) Becky Level 1/2
11.00am Pilates (45 mins) Emma Level 1/2	11.30am Pilates (45 mins) Christine Level 2	6.00pm Pilates (55 mins) Helen Level 2/3		
12.00pm Pilates (45 mins) Emma Level 1/2	1.00pm Pilates (55 mins) Julie Level 2	7.00pm Pilates (55 mins) Anne Level 1/2	6.15pm Pilates (55 mins) Jill Level 3	
1.15pm Pilates (55 mins) Angie Level 1/2 + Backcare	6.00pm Pilates (55 mins) Julie Level 2	8.00pm Pilates (55 mins) Becky Level 2	7.15pm Pilates (55 mins) Jill Level 2	
6.15pm Pilates (55 mins) Helen Level 2	7.00pm Pilates (55 mins) Christine Level 2			
7.15pm Pilates (55 mins) Becky Level 3	8.00pm Pilates (55 mins) Christine Level 3			
8.15pm Mummy Fit (45 mins) Pilates (pre-natal) Becky Open Level				