



GROUP EXERCISE CLASSES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						
6:30am						Equipment
7am	Core (Express)	Core (Express)			Outdoor Exercise	Reformer Pilates
7:30am	Reformer Pilates	Reformer Pilates				Reformer Pilates
8am						
8:30am						Reformer Pilates
9am					Outdoor Exercise	
9:30am	Post Natal	Reformer Pilates	Post Natal	Post Natal		Pre-Natal Exercise
10am						
10:30am	Core Control and Movement	Bones and Balance			Reformer Pilates	
11am						
11:30am					Bones and Balance	
12pm						
12:30pm						
1pm	Core (Express)					
1:30pm						
2pm						
2:30pm						
3pm						
3:30pm						
4pm						
4:30pm						
5pm						
5:30pm	Core (Express)					
6pm	Pre Natal Exercise	Reformer Pilates	Reformer Pilates			
6:30pm						
7pm	Reformer Pilates	Reformer Pilates	Equipment			
7:30pm						
8pm						