

Pilates and Watermums Timetable

| MON | TUES | WED | THU | FRI | SAT |
|---|--|---|--|--|--|
| Semi Private Pilates 9.30am with Lauren | | | Semi Private Pilates* 7am with Jason | | Semi Private Pilates* 9am with Tamika |
| Mums 'n Bubs* 10.15am with Mirjana | Gentle Pilates (level 1)** 10.00am with Gabby | | Gentle Pilates (level 1)** 10.00am with Mirjana | Group Pilates Circuit** 10.00am with Dushyant / Amy | Semi Private Pilates* 10am with Gabby |
| Semi Private Pilates* 11.00am with Rebecca | Gentle Pilates (level 1)** 11.00am with Gabby | Mums 'n Bubs* 11.00am with Mirjana | Semi Private Pilates* 11.30am with Rebecca | Semi Private Pilates* 11.00am with Rebecca | Pre and Post Natal Pilates** 10.45am with Mirjana / Amy |
| | Semi Private Pilates* 12.00pm with Rebecca | | | | |
| Advanced Pilates** 6.30pm with Gabby | Semi Private Pilates* 6.15pm with Rebecca | Semi Private Pilates* 5.30pm with Justin | Group Pilates Circuit** 6.00pm with Tamika | | |
| Group Pilates Circuit** 7.30pm with Justin | Pre and Post Natal Pilates** 7.00pm with Tamika | Pre and Post Natal Pilates** 6.30pm with Amy | Semi Private Pilates* 6.45pm with Lauren | | |
| Watermums 7.30pm with Gabby | Semi Private Pilates* 7.45pm with Tamika | | Group Pilates Circuit** 7.30pm with Amy | | |

*5 in group maximum ** 8 in group maximum

Pilates and Watermums Timetable

| MON | TUES | WED | THU | FRI | SAT |
|---|--|---|--|--|--|
| Semi Private Pilates 9.30am with Lauren | | | Semi Private Pilates* 7am with Jason | | Semi Private Pilates* 9am with Tamika |
| Mums 'n Bubs* 10.15am with Mirjana | Gentle Pilates (level 1)** 10.00am with Gabby | | Gentle Pilates (level 1)** 10.00am with Mirjana | Group Pilates Circuit** 10.00am with Dushyant / Amy | Semi Private Pilates* 10am with Gabby |
| Semi Private Pilates* 11.00am with Rebecca | Gentle Pilates (level 1)** 11.00am with Gabby | Mums 'n Bubs* 11.00am with Mirjana | Semi Private Pilates* 11.30am with Rebecca | Semi Private Pilates* 11.00am with Rebecca | Pre and Post Natal Pilates** 10.45am with Mirjana / Amy |
| | Semi Private Pilates* 12.00pm with Rebecca | | | | |
| Advanced Pilates** 6.30pm with Gabby | Semi Private Pilates* 6.15pm with Rebecca | Semi Private Pilates* 5.30pm with Justin | Group Pilates Circuit** 6.00pm with Tamika | | |
| Group Pilates Circuit** 7.30pm with Justin | Pre and Post Natal Pilates** 7.00pm with Tamika | Pre and Post Natal Pilates** 6.30pm with Amy | Semi Private Pilates* 6.45pm with Lauren | | |
| Watermums 7.30pm with Gabby | Semi Private Pilates* 7.45pm with Tamika | | Group Pilates Circuit** 7.30pm with Amy | | |

*5 in group maximum ** 8 in group maximum