

Pilates and Watermums Timetable

MON	TUES	WED	THU	FRI	SAT
Semi Private Pilates 9.30am with Mirjana			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* 5.40pm with Gabby	Semi Private Pilates* 12.00pm with Rebecca				
Group Pilates Circuit** 7.30pm with Gabby	Semi Private Pilates* 6.15pm with Rebecca	Semi Private Pilates* 5.30pm with Justin	Group Pilates Circuit** 6.00pm with Tamika		
Semi Private Pilates* 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 Tamika		
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