



PILATES TIMETABLE

(EFFECTIVE 02/08/2017)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:00am Fitness Pilates Cass		7:00am Fitness Pilates Jaclyn	
					8.30am Fitness Pilates Cassandra
9.30am Clinical Pilates Jaclyn		9.30am Clinical Pilates Cassandra	9.30am Clinical Pilates Jaclyn	9.30am Fitness Pilates Jaclyn	9.30am Clinical Pilates Cassandra
		10.30am Clinical Pilates Cassandra		10.30am Clinical Pilates Jaclyn	10.30am Clinical Pilates Cassandra
			2.00pm Clinical Pilates Jaclyn		
5:00pm Stretch & Strengthen Cassandra					
6.00pm Clinical Pilates Cassandra		6.00pm Clinical Pilates Jaclyn	6.00pm Clinical Pilates Jaclyn		
7.00pm Clinical Pilates Cassandra	7.00pm Fitness Pilates Jaclyn	7.00pm Fitness Pilates Jaclyn	7.00pm Clinical Pilates Jaclyn		