



All Pilates and PhysFit classes 45 mins duration *Tai Chi 30 min Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am Equipment Vicky	9:15am PhysFit Chris	9:30am Equipment Vicky	10:15am Equipment Steph	9:15am Equipment Steph	7:30am Equipment Kate
9:30am Equipment Vicky	10:15am Equipment Steph	10:15am Equipment Vicky	12:15pm Equipment Steph	10:00am Equipment Steph	8:15am Equipment Kate
10:15am Equipment Steph	11:00am Mat Kate	11:00am Mums & Bubs Vicky	4:00pm Equipment Kate	12:15pm Equipment Chris	8:15am PhysFit Vicky/Rick
11:00am Mat Steph	1:30pm *Tai Chi Vicky	2:15pm Equipment Steph	4:45pm Equipment Vicky		9:10am Mat Kate
4:45pm Equipment Steph	4:45pm Equipment Vicky	6:00pm Equipment Steph	5:30pm Equipment Steph		10:00am Equipment Kate
5:30pm Equipment Steph	6:15pm Equipment Vicky	7:30pm Equipment Steph	6:15pm Equipment Steph		10:45am Equipment Kate
6:15pm Equipment Simon			6:45pm PhysFit Chris		
7:00pm Equipment Simon			7:00pm Equipment Steph		



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