

Studio	TIME TABLE	April-June	2024	7:30AM TO BOOK 7 DAYS IN ADVANCE
	Time	Class	Capacity	Teacher
Monday				
	10:30am-11:30am	Pilates	12	Natalia
	11:30am-12:30pm	Pilates	12	Natalia
	19.00pm - 20.15pm	Yoga	14	Beverley
Wednesday				
	09:30am - 10.30am	Pilates	14	Shirley
	10.45am - 11.30am	Aqua	14	Shirley
Thursday				
	19.00pm - 20.15pm	Yoga	14	Beverley
Friday				
	09.30am - 10.30am	Bone Health Pilates	12	Natalia
	10.40am-11.40am	Bone Health Pilates	12	Natalia