

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	ReformerFit (Kate)	Circuit (Julie)	Studio mix (Kate)	Piloxing (Julie)	ReformerFit (Kate)	
7am	Pilates Fit (Kate)	Reformer Fit (Julie)	Studio mix (Kate)	Sculpt (Julie)	Posture Fit (Kate)	ReformerFit (Judith)
8am						Yoga (Judith)
9.30am	Circuit (Kate)	Booty Barre/Piloxing (Julie)	Tai Chi Pilates (Kellee)	ReformerFit (Julie)	Intermediate Mat (Kate)	Progressive Pilates (Mary)
10.30am					Progressive Pilates (Kate)	
11am				Garuda (Lisa)		Pre-natal (Judith)
11.30am			Progressive Pilates (Claire)			
12noon	Yoga (Judith)					
12.30pm				Corporate Mat work		
1pm	Reformer Fit (Julie)					
5pm			Posture Fit (Kate)			
5.30pm		Pilates Fit (Mary)				
6pm				Circuit (Judith)		
7pm		Studio mix (Julie)	Intermediate Mat (Kate)	Yoga (Judith)		
8pm	Progressive Pilates (Kellee)	Piloxing (Julie)		Booty Bare (Kellee)		