Principle Pilates

TIMETABLE STUDIO 9

	Tuesday	Wednesday	Thursday	Friday
Pilates 8.45- 9.45 / Pilates 8.00 – 9.00		Pilates/Physio 8.00 – 9.30	Physio/Pilates 8.00 – 11.00	Pilates 8.00 - 9.30
Pilates 9.00 – 10.00	Physio/Pilates 9 .00– 14.30			Private Class 9.45 – 10.45
		Private Class 10.00 - 11.00		
Pilates 10.00 – 11.00		Physio 10.30 – 11.30 / Private Class 11.00- 12.00	Pilates 11.00 – 15.00	Physio/ Pilates 11.00 – 12.00
Pilates 11.00 – 12.00		Physio 11.30 – 12.30 / Private Class 12.00– 13.00		Physio/ Pilates 12.00 - 13.00
Physio 12.00– 13.00 / Private Class 12.00 -13.00		Physio 12.30 – 13.30 / Private Class 13.15 – 14.15		Physio/Pilates 13.00 – 14.00
Physio 13.00-14.00 / Private Class 13.00 -14.00		Physio 13.30 – 14.30 / Private Class 14.15 – 15.15		
Physio/Pllates 15.00 – 16.00				
			Pilates 17.00 – 18.00	
		Physio 18.00 – 19.00		
		Physio 19.00 – 20.00	Physio /Pilates 19.30 – 20.30	

Key

- Chrissy
- Sam
- Dawn
- Amanda
- Rob

- L1 Beginner Essential
- L2 Intermediate
- L3 Advanced