

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|------------------|------------------|------------------|------------------|------------------|------------------|
| 7.15am | | | | | | Clinical Pilates |
| 8.00am | | | | | | Clinical Pilates |
| 8.45am | | | | | | Clinical Pilates |
| 9.30am | Clinical Pilates | Clinical Pilates | | Clinical Pilates | Clinical Pilates | Clinical Pilates |
| 10.15am | Clinical Pilates | Clinical Pilates | | | | Clinical Pilates |
| 11.15am | | | | | | Clinical Pilates |
| 12.15pm | | | | Clinical Pilates | | |
| 5.30pm | | Clinical Pilates | | | | |
| 6.15pm | | Clinical Pilates | | | | |
| 6.30pm | | | | Clinical Pilates | | |
| 7.00pm | | Clinical Pilates | | | | |
| 7.15pm | Clinical Pilates | | Clinical Pilates | Clinical Pilates | | |
| 7.45pm | | Clinical Pilates | | | | |
| 8.00pm | | | | Clinical Pilates | | |
| | | | | | | |

**ALL CLINICAL PILATES CLASSES RUN FOR 45MINS. MAXIMUM 6 PARTICIPANTS PER CLASS
IF A CLASS TIME DOES NOT SUIT YOU, PLEASE CALL THE CLINIC**