

exercise class timetable

June 2010

MALVERN STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Studio 8 am	Pilates Studio 7.15 am	Pilates Studio 8 am	Pilates Studio 7.15 am	Pilates Studio 7.15 am	Pilates Studio 8 am
Pilates Studio 8.45 am	Pilates Studio 8 am	Pilates Studio 9.30 am	Pilates Studio 8 am	Pilates Studio 9.30 am	Pilates Studio 8.45 am
Pilates Studio 9.30 am	Pilates Studio 8.45 am	Pilates Studio 11 am	Pilates Studio 8.45 am		Pilates Studio 9.30 am
Mums/Babies 12 pm	Pilates Studio 9.30 am	Intermediate Mat Class 5pm	Pilates Studio 9.30 am		Pilates Studio 10.15 am
Pilates Studio 2 pm	Pilates Studio 5.15 pm	Pilates Studio 5.45 pm	Pilates Studio 5.30 pm		Pilates Studio 11.30 am
Pilates Studio 5.45 pm	Pilates Studio 6.15 pm	Pre/Post Natal Pilates-5.45 pm	Pilates Studio 6.15 pm		
Pilates Studio 6.30 pm		Pilates Studio 6.30 pm			
Advanced Mat Class 6.30 pm		Pre/Post Natal Pilates-6.30 pm			

HAZELWOOD PARK STUDIO					468 greenhill rd hazelwood park
Monday	Tuesday	Wednesday	Thursday	Friday	
Pilates Studio 8 am	Pilates Studio 12 pm	Pilates Studio 8 am	Pilates Studio 2 pm	Pilates Studio 9.30 am	
Pilates Studio 12.15 pm			Pilates Studio 6 pm		

SOUTH TERRACE STUDIO					70 south terrace adelaide
Monday	Tuesday	Wednesday	Thursday	Friday	
Pilates Studio 5.30 pm	Pilates Studio 8.15 am	Pilates Studio 8 am	Pilates Studio 5 pm	Pilates Studio 8 am	
Pilates Studio 6.15 pm	Pilates Studio 9.30 am	Pilates Studio 9.30 am	Pilates Studio 6 pm	Pilates Studio 9.30 am	
	Pilates Studio 12.30 pm				

HYDROTHERAPY (Repatriation General Hospital, Daw Park)	
Monday	
6.00 pm	General Class
6.30 pm	Pre/Post natal class

move.

5/259 unley rd malvern 5061

468 greenhill rd hazelwood park 5066

8373 5655