

# unley road malvern - class timetable

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates Studio 8 am CJ	Pilates Studio 7.15 am CJ	Pilates Studio 8 am CJ	Pilates Studio 7.15 am MW	Pilates Studio 7.15 am SM	Pilates Studio 8.45 am
Pilates Studio 8.45 am SM	Pilates Studio 8.45 am SM	Pilates Studio 9.30 am MW	Pilates Studio 8 am MW	Pilates Studio 9.30 am PT	Pilates Studio 9.30 am
Pilates Studio 9.30 am MW	Pilates Studio 9.30 am SM	Pilates Studio 10.15 am MW	Pilates Studio 8.45 am MW	Men's Pilates 6pm PT	
Mums/Babies Pilates 11.30am SM	Pilates Studio 5.15 pm SM	Pilates Studio 5.45 pm CJ	Pilates Studio 9.30 am MW		
Pilates Studio 12.15 pm MW	Pre/Post Natal Pilates 6.45 pm SM	Advanced Mat Class 6 pm PT	Pilates Studio 4.45 pm EC		
Pilates Studio 5.45 pm EC		Pilates Studio 6.30 pm EC	Pilates Studio 6.15 pm EC		
Hydrotherapy 6 pm VT					
Hydrotherapy Pre/Post Natal 6.30 pm VT					
Pilates Studio 6.30 pm EC					
Beginners Mat Class 7.15pm EC					

# south terrace adelaide- pilates class timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Studio 4.45 pm CJ	Pilates Studio 9.30 am PT	Pilates Studio 8 am PT	Pilates Studio 2 pm PT	Pilates Studio 8 am CJ
Pilates Studio 5.30 pm CJ	Pilates Studio 12 pm PT		Pilates Studio 4.45 pm PT	

PT – Peter Tziavrangos

CJ – Cathy Johnson

SM – Sophie Mitchell

MW – Marelle Wilson

EC – Eliza Colebatch

VT- Veronica Tziavrangos