



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	08.00-9.00 Pilates Mat Yaffa	8.00-9.00 Pilates Reformer Jen		8.00-9.00 Pilates mat Yaffa	9.00-10.00 Pilates Reformer & springboard Katie
9.30-10.30 Pilates Reformer & Springboard Katie	09.00-10.00 Pilates Mat Katie	9.00-10.00 Pilates Reformer & Springboard Katie	9.00-10.00 Pilates Reformer & Springboard Katie	9.15-10.15 Pilates Reformer with Liz	10.00-11.00 Pilates Reformer Irit
10.30-11.30 Pilates Reformer & Springboard Katie	10.15-11.15 Pilates Reformer Liz	10.15-11.15 Pilates Reformer & springboard Katie	10.00-11.00 Pilates Reformer & Springboard Katie	10.15-11.15 Pilates Reformer Liz	11.15-12.15 Aerial Yoga Irit
	17.30-18.30 Aerial Yoga Irit	17.00-18.00 ADVANCED Pilates Reformer Liz	17.15-18.15 Kids Aerial Yoga Elyse		13.15-14.15 Kids/Teens Aerial Irit
18.00-19.00 Pilates Reformer & Springboard Katie	18.30-19.30 Pilates Reformer Irit	18.00-19.00 Pilates Reformer Rocky	18.30-19.30 Pilates Reformer & Springboard Katie	18.00-19.00 Aerial Yoga Elyse	
	19.30-20.30 Pilates Reformer & Springboard Katie	19.30-20.30 Pilates Mat Noa		19.00-20.00 Pilates Reformer Irit	
20.30-22.00 Yoga (co-ed) Romi			20.30-22.00 Yoga (co-ed) Romi		Kids Men & Women Ladies only