

SEMI-PRIVATE SESSIONS Term 1 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6.30-7.30am Callie	
7.30-8.30am Kat	7.30-8.30am Letitia	7.30-8.30am Kat/Amy	7.30-8.30am Natalia	7.30-8.30am Callie/Letitia	7.30-8.30am Courtney/ Amy
8.30-9.30am Kat/Courtney	8.30-9.30am Jessie/Letitia	8.30-9.30am Kat/Amy	8.30-9.30am Natalia	8.30-9.30am Callie/Letitia	8.30-9.30am Courtney/ Amy
9.30-10.30am Kat	9.30-10.30am Letitia	9.30-10.30a Kat/Amy	9.30-10.30am Natalia	9.30-10.30am Callie	9.30-10.30am Courtney/ Amy
10.30-11.30 Kat	10.30-11.30 Jessie/Letitia	10.30-11.30 Kat	10.30-11.30 Natalia	10.30-11.30 Callie/Letitia	10.30-11.30 Courtney/ Amy
3.30-4.30pm Kat	3.30-4.30 Sophie/Amy	3.30-4.30pm Kat/Letitia	3.30-4.30 pm Jessie/Sophie		
4.30-5.30pm Kat	4.30-5.30pm Sophie/Amy	4.30-5.30pm Kat/Letitia	4.30-5.30pm Jessie/Sophie		
5.30-6.30pm Amy	5.30-6.30pm Sophie/Amy	5.30-6.30pm Kat/Letitia	5.30-6.30pm Jessie/Sophie		
6.30-7.30pm Kat	6.30-7.30pm Sophie/Amy	6.30-7.30pm Kat/Letitia	6.30-7.30pm Jessie/Sophie		
7.30-8.30pm Kat/Amy					

MAT CLASSES Term 1 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
9.30-10.30am Osteoporosis Class Courtney	9.30-10.30am Pilates Mat Jessie			9.30-10.30am Pilates Mat Letitia	
10.30-11.30am Pilates Mat Courtney					
5.30-6.30pm Pilates Mat Kathryn					
6.30-7.30pm Pilates Mat Amy					



Monday 30th January - Friday 7th April
(10 weeks)

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