

# Clinical and Studio Pilates timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am						
7.00am						
7.30am	SP 45mins CO	CP: 1:3 GM		CP 1:3 AP	SP 45mins CO	
8.00am			CP 1:3 JQ			CP 1:3 AP
8.30am						
9.00am						CP 1:3 JQ
9.30am	CP 1:3 JW	CP1:3 GM		CP 1:3 AP	SP 45 mins CO	
10.00am						CP 1:3 JQ
10.30am	SP 45 mins CO	CP 1:3 GM	CP 1:3 JQ	SP 45 mins CO	SP 45 min CO	
11.00am						CP 1:3 JQ
11.30am	SP 45 mins CO					
12.00pm		CP 1:3 AP				
12.30pm						
1.00pm		CP 1:3 AP				
1.30pm						
2.00pm					CP 1:3 AP	
2.30pm						
3.00pm						
3.30pm						
4.00pm						
4.30pm						
5.00pm		SP 45 mins JQ				
5.30pm						
6.00pm	CP 1:3 AP		CP 1:3 JW	CP 1:3 GM		
6.30pm						
7.00pm	CP 1:3 AP	SP 45 mins JQ	CP 1:3 AP	CP 1:3 GM		
7.30pm						
8.00pm						

SP - Studio Pilates | CP - Clinical Pilates

AP - Amanda Pike | GM - Georgia Macdonald | JW - Josh Wood | JQ - Jack Qin | CO - Catherine O'Donnell

\* Subject to change without notice