

SEMI-PRIVATE SESSIONS Term 3 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30-8.30am Kat	7.30-8.30am Letitia	7.30-8.30am Kat/Jade		7.30-8.30am Amy/Letitia	7.30-8.30am Natalie/Amy
8.30-9.30am Kat/Jade	8.30-9.30am Amy/Letitia	8.30-9.30am Kat/Jade	8.30-9.30am Bec	8.30-9.30am Amy/Letitia	8.30-9.30am Natalie/Amy
9.30-10.30am Kat	9.30-10.30am Letitia	9.30-10.30 Kat/Jade	9.30-10.30am Bec	9.30-10.30am Amy	9.30-10.30am Amy
10.30-11.30 Kat	10.30-11.30 Amy/Letitia	10.30-11.30 Kat	10.30-11.30 Bec	10.30-11.30 Amy/Letitia	10.30-11.30 Amy
	3.30-4.30pm Sophie	3.30-4.30pm Kat/Letitia	3.30-4.30 pm Bec/Sophie		
4.30-5.30pm Kat	4.30-5.30pm Sophie	4.30-5.30pm Kat/Letitia	4.30-5.30pm Bec/Sophie		
5.30-6.30pm Amy	5.30-6.30pm Sophie/Amy	5.30-6.30pm Kat/Letitia	5.30-6.30pm Bec/Sophie		
6.30-7.30pm Kat	6.30-7.30pm Sophie/Amy	6.30-7.30pm Kat/Letitia	6.30-7.30pm Bec/Sophie		
7.30-8.30pm Kat/Amy					

MAT CLASSES Term 3 2017

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



Monday 18th July - Friday 22nd
September
Monday 10:30am (9 weeks)

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