

SEMI-PRIVATE SESSIONS Term 4 2017

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

MAT CLASSES Term 4 2017

Monday 9th Oct – Friday 15th Dec (10 weeks)

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 Sophie					
6.30-7.30pm Pilates Mat Rebecca					



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