

SEMI-PRIVATE SESSIONS 2018

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

MAT CLASSES 2018 TERM 3

Monday 23rd July – Friday 28th September (10 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am-10.30am	Osteoporosis Class Jade	Pilates Mat Kat			Pilates Mat Letitia
5.30pm-6.30pm	Pilates Mat Camellia				
6.30pm-7.30pm	Pilates Mat Natalie				

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