

**PILATES CLASS TIMETABLE – STIRLING** (Effective 23 February 2010) Ph: 8339 3188



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am						
8.00am	<b>8.00 GES</b> <i>Rachel</i>	<b>8.00 GES</b> <i>Rachel</i>		<b>8.00 GES</b> <i>Ellie</i>	<b>8.00 GES</b> <i>Jane</i>	
8.30am						
9.00am	<b>9.15 *</b> • Inter Mat <i>Rachel</i>	<b>9.15</b> • Trim & Toned <i>Rachel</i>	<b>9.15</b> • Early Inter Mat <i>Vanessa</i>	<b>9.15</b> • Inter Mat <i>Annie</i>	<b>9.15</b> Gentle Mat <i>Jane</i>	<b>9.00</b> • Inter Mat
9.30am						
10am	<b>10.15 GES</b> <i>Rachel</i>					<b>10.00 GES</b>
10.30am		<b>10.30</b> ♦ Adv Mat <i>Rachel</i>	<b>10.30</b> Gentle Mat <i>Jane</i>	<b>10.30</b> Gentle Mat <i>Annie</i>	<b>10.30 *</b> • Inter Mat <i>Jane</i>	
11am						
11.30am		<b>11.30 GES</b> <i>Gwendalyn</i>	<b>11.30 GES</b> <i>Jane</i>			
12pm						
12.30pm						
1.00pm	<b>1.00 GES</b> <i>Ellie</i>				<b>1.00 GES</b> <i>Gwendalyn</i>	
1.30pm						
2.00pm						
2.30pm						
3.00pm						
3.30pm						
4.00pm		<b>4.00 GES</b> <i>Jane</i>	<b>4.00 GES</b> <i>Briar</i>	<b>4.00 GES</b> <i>Vanessa</i>	<b>4.00 GES</b> <i>Rachel</i>	
4.30pm						
5.00pm						
5.30pm	<b>5.30</b> • Trim & Toned <i>Ellie</i>	<b>5.30</b> • Inter Mat <i>Briar</i>	<b>5.30</b> • Inter Mat <i>Annie</i>	<b>5.30</b> Gentle Mat <i>Jane</i>		
6.00pm						
6.30pm	<b>6.30 GES</b> <i>Gwendalyn</i>	<b>6.30</b> Gentle Mat <i>Briar</i>	<b>6.30</b> ♦ Adv Mat <i>Annie</i>	<b>6.30 GES</b> <i>Jane</i>		
7.00pm						
7.30pm						
8.00pm	<b>7.45</b> Gentle Mat <i>Gwendalyn</i>	<b>7.45</b> • Early Inter Mat <i>Briar</i>	<b>7.45</b> Beginners Course <i>Briar</i>	<b>7.45</b> • Inter Mat <i>Jane</i>		
8.30pm						

**TIMETABLE NOTES**

- Bookings must be made for all classes
- All classes are one hour duration
- Please give as much notice as possible to cancel a class
- Missed classes may be charged the full fee

Please note classes marked with \* as follows:

\* **Monday 9.15am**

Includes some ball exercises

\* **Friday 10.30 am**

“BALL” class last Friday of month:

**STIRLING BEGINNERS COURSES (5 WEEKS)**

Wednesday Evening 7.45pm

3 March 2010 – 31 March 2010

21 April 2010 – 19 May 2010

26 May 2010 – 23 June 2010

**PARKSIDE BEGINNERS COURSES (5 WEEKS)**

Thursday Evening 7.45 pm

4 March 2010 – 1 April 2010

22 April 2010 – 20 May 2010

27 May 2010 – 24 June 2010

SEE OVER FOR CLASS DESCRIPTIONS

*If you have low bone density or are pregnant please inform your Pilates Instructor.*