

# clinical pilates

## on the waterfront



### clinical/supervised session times

	mon	tues	wed	thurs	fri		sat
6.30am			marcus				
7.00am		pim			marcus		
7.30am	marcus		andrew		andrew	marcus	
8.00am		pim	ali		marcus		ali
8.30am	marcus		andrew	tash	andrew	marcus	rotating
9.00am		tash	ali		marcus		ali
9.30am	marcus		andrew	tash	andrew	gemma	rotating
10.00am			gemma	andrew			pim
10.30am	pim			tash	sophie	gemma	rotating
11.00am			fran				pim
11.30am	pim		marcus	marcus	sophie	andrew	rotating
12.00pm		sophie	marcus		gemma		
12.30pm	ali		marcus	marcus	tash	andrew	
1.00pm		sophie	marcus		gemma		
1.30pm	ali		marcus	sophie		sophie	
2.00pm			suzie				
2.30pm	andrew		fran	sophie		sophie	
3.00pm							
3.30pm	marcus		ali		ali		
4.00pm							
4.30pm	marcus		ali	sophie	ali	ali	
5.00pm		sophie	sophie		ali	tash	
5.30pm	andrew		paris	marcus	sophie	ali	
6.00pm		anna	sophie			tash	
6.30pm	andrew		paris	marcus	sophie		
7.00pm		sophie	gemma	marcus		tash	
7.30pm	andrew		paris	marcus			
8.30pm		sophie	gemma		ali		

minimum of 12 hours notice is required if unable to attend your session

or a cancellation fee of \$15 will be charged

bookings essential

\*timetable effective October 2018, classes subject to change without notice

**packages of 5, 10 and 20 supervised sessions are available**