

pregilates
mumilates



	mon	tues	wed	thurs	fri	sat
9.30am			mumilates (rochelle)			
11.00am		reformer mums (ali)			reformer mums (ali)	
12.00pm				pregilates (rochelle)		
5:30pm	pregilates (ali)					
6:30pm		pregi reformer (rachel)	pregi reformer (ali)	pregi reformer (rochelle)		

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

bookings essential

*timetable effective August 2019, classes subject to change without notice