



Atwell Timetable

Matwork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am Basic Pilates (HLC)		9.30am Pilates (HLC)		9.30am Basic Pilates (HLC)	8.30am Pilates (HLC)	
6.25pm Basic Pilates (ACC)	6.25pm Pilates (ACC)	6.25pm Basic Pilates (ACC)	6.25pm Pilates (HLC)			
	7.30pm Pregnancy (ACC)	7.30pm Basic Pilates (ACC)	7.30pm Intro Class (HLC)			

Location Key

ACC- Atwell Community centre

HLC- Harvest lakes Community Centre