



North Fremantle Timetable

Matwork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.30am Basic Pilates		9.30am Pilates	9.30am Pilates Basic	8.00am Pilates	
					9.05am Pilates Basic	
					10.10am Pregnancy	
5.25pm Pilates Basic		5.25pm Pilates Basic	5.25pm Pilates			
6.30pm Pilates Power	6.30pm Pilates		6.30pm Pilates Basic			
7.35pm Intro Class	7.35pm Pilates Basic					