



South Perth Timetable

Matwork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6.30am Pilates		
9.30am Pilates	9.30am Basic Pilates		9.30am Pilates		8.00am Pilates	
	10.35am Intro Class				9.05am Pilates Basic	
					10.10am Pregnancy	
	4.20pm Pilates					
5.25pm Pilates Basic	5.25pm Pilates	5.25pm Pilates	5.25pm Power Pilates	5.25pm Stretch & Flex		
6.30pm Pilates	6.30pm Pilates Basic	6.30pm Pilates	6.30pm Pilates Basic	6.30pm Pilates		
7.35pm Pregnancy	7.35pm Power Pilates	7.35pm Pilates Basic	7.30pm Intro Class			