

Class Timetable | Port Macquarie



Morning Sessions

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------|------------------------|-----|------------------------|--------------------------------|------------------------|--------------------|-----|
| 6:00 AM | | | Pilates Mat | | | | |
| 6:30 AM | Group Equipment | | | | | | |
| 7:00 AM | | | | | Group Equipment | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | Pilates Mat | |
| 8:30 AM | | | | | | | |
| 9:00 AM | Pilates Mat | | Group Equipment | Pilates Mat Foundations | Group Equipment | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |

Lunch Sessions

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------|---------------------------------------|------------------------------------|-------------------------------------|------------------------|--------------------------------|-----|-----|
| 12:00 PM | Group Equipment (bubs welcome) | | | | Pilates Mat and Release | | |
| 12:30 PM | | | | Group Equipment | | | |
| 1:00 PM | | Mat/Barre (Express options) | Group Equip (Express option) | | | | |
| 1:30 PM | | | | | | | |

Afternoon Sessions

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|-------------------------------|---|--|--------------|-----|-----|--------------------|
| 4:00 PM | | | | | | | Pilates Mat |
| 4:30 PM | | | | | | | |
| 5:00 PM | | Pilates Mat | | | | | |
| 5:30 PM | Group Equipment | | Pilates Mat | Barre | | | |
| 6:00 PM | | Group Equipment (start date TBC) | | | | | |
| 6:30 PM | Barre (start date TBC) | | Yin Yoga (Call Tess 0412 815 614 to book) | | | | |
| 7:00 PM | | | | | | | |