

Class Timetable | Port Macquarie



Morning Sessions

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

Lunch Sessions

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12:00 PM	Group Equipment				Pilates Mat and Release		
12:30 PM	Group Equipment (bubs welcome)			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							
6:30 PM	Yoga (Call Darlene 0405 020 952 to book)						
7:00 PM		Dance (Call Pam 0498 220 210 to book)					
8:00 PM							