



Studio class timetable | Autumn 2011

Day & Time	7am	8am	9am	10am	11am	12pm	2pm	3pm	4pm	5pm	5.15pm	6.15pm	7.15pm
● Monday													
● Tuesday												Mat /Small Apparatus R	
● Wednesday	Dinner Plain Studio Open									Studio R		Mat /Small Apparatus R	
● Thursday	Dinner Plain Studio Open			Studio R	Studio C						Mat /Small Apparatus C	Mat /Small Apparatus R	
● Friday	Studio R	Studio C								Studio C		Mat /Small Apparatus C	
● Saturday	Dinner Plain Studio Open			Studio C	Studio R								
● Sunday	Dinner Plain Studio Open												

R Studio Regular. Bookings only.

C Studio Casual. No booking required.
(Instructors consent necessary)

R Mat/Small Apparatus Regular. Bookings only.

C Mat/Small Apparatus Casual. No booking required.
(Instructors consent necessary)

Please note: New studio clients must complete an initial assessment prior to commencing classes.

New mat and small apparatus participants will complete one "Pilates principals" as part of their classes.

Studio equipment classes are run on a basis of two minimum / four maximum clients.

Classes run for 1 hour (Initial assessments run for 1 to 1.5 hours). Class times and days are subject to change.

- Initial assessments, private classes and Pilates samplers are available at Dinner Plain Monday to Sunday, outside of the regular studio times.