



SkiPilatesFUSION

Studio class timetable

Day & Time	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm
Monday				Studio	Studio	Studio		Studio					
Tuesday				Studio	Studio	Studio		Studio				Studio	Studio
Wednesday	Studio			Studio	Studio	Studio				Studio			
Thursday				Studio	Studio	Studio						Studio	Studio
Friday	Studio												
	Bright Sports Centre – Mat and Small Apparatus Classes												
Saturday				Studio	Studio	Studio				Studio			
Sunday				Studio	Studio	Studio							

Please note: New clients must complete an initial assessment prior to commencing classes. Initial assessments, private classes and Pilates samplers are available Monday to Sunday, outside of the regular studio times. Studio Classes are run on a basis of two minimum / four maximum clients. Class times and days are subject to change.

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