

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30			Group Pilates	Rebound		07:00 Rebound
8:15	Rebound	Bend Balance Wheel	Group Pilates	BootyBarre/ Bbarreless	Group Pilates	08:00 Pre and Postnatal Pilates (Baby friendly)
9:30	Rebound Barre	PVT Ballet		Adults Ballet		09:15 Group Pilates
10:30	Baby Barre	11:00 Pre and Postnatal Pilates (Baby friendly)		Pre and Postnatal Barre (Baby friendly)	11:00 Baby Barre	
12:00					Rebound (Baby friendly)	
13:00	Rebound Barre (Baby friendly)					
14:00		Children Ballet		Children Ballet		
15:00		Children Ballet		Children Ballet		
15:30		Children Ballet		Children Ballet		
16:30	Group Pilates	Children Ballet	Rebound	Children Ballet		
17:30	Rebound	Adult Ballet Beginners	BootyBarre/ Bbarreless	Private Group		
18:30		Group Pilates		Group Pilates		

BOOKINGS ESSENTIAL

SESSIONS NOT CANCELLED 12 HOURS PRIOR TO CLASS WILL BE CHARGED FOR