

# Class Timetable

Mon

Tues

Wed

Thurs

Fri

Sat

**6am** Pilates  
with Sheridan

**6am** Pilates  
with Milly

**8am** Pilates  
with Tal, Suzy,  
Sheridan,  
Bree

**9am** Pilates  
with Sheridan

**9am** Pilates  
with Milly

**9:30am**  
Mums + bubs  
with Tal

**9am** Pilates  
with Milly

**10:30am**  
Beginner Pilates  
with Tal

**6pm** Pilates  
with Sheridan

**5:30pm** Pilates  
with Milly