

PILATES WORKS

Monday	Level	Type	Instructor
9.45am – 10.45am	Intermediate	Matwork	Tasha
1.45pm – 2.45pm	Intermediate	Matwork	Fran
6.00pm – 7.00pm	Improvers	Matwork	Karen
7.15pm – 8.15pm	Beginners	Matwork	Karen
Tuesday	Level	Type	Instructor
9.30am – 10.30am	Intermediate	Matwork	Fran
11.00am – 12:00pm	Bone Health / Osteoporosis	Matwork	Karen
1.45pm – 2.45pm	Beginners	Matwork	Karen
5.30pm – 6.30pm	Intermediate	Matwork	Rosie
Wednesday	Level	Type	Instructor
9.30am – 10.30am	Intermediate	Matwork	Rosie
11.00am – 12.00pm	Older persons	Matwork	Rosie
6.00pm – 7.00pm	Improvers	Matwork	Jo
7.15pm – 8.15pm	Intermediate	Matwork	Jo
Thursday	Level	Type	Instructor
9.30am – 10.30am	Intermediate	Matwork	Jo
10.45am – 11.45am	Improvers	Matwork	Jo
6.00pm – 7.00pm	Intermediate	Matwork	Tasha
7.15pm – 8.15pm	Intermediate/Advanced	Matwork	Tasha
Friday	Level	Type	Instructor
9.30am – 10.30am	Intermediate/Advanced	Matwork	Louise
Saturday	Level	Type	Instructor
9.15am – 10.15am	Improvers/Intermediate	Matwork	Tasha