

2025 TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9am	Core, Conditioning & Cardio for Women (beyond postnatal)	Postnatal Pilates			All Women's Pilates & Postnatal Pilates	
9:30am						
10am	Pregnancy & Postnatal Conditioning & Cardio	Postnatal Pilates & Baby Massage Intro Course		Small Group Reformer	Postnatal Pilates	
10:30am						
11am		Postnatal Pilates <i>"Too tiny to Toddle"</i>		Small Group Reformer		
11:30am						
1pm		Small Group Reformer				
1:30pm						
4:30pm		Teen's <u>Physiofit</u> Conditioning & Cardio Circuit				
5pm				Pregnancy Pilates		Virtual Pregnancy & Postnatal Classes
5:30pm	Small Group Reformer			Pregnancy Pilates		
6pm						
6:30pm	Small Group Reformer	All Women's Conditioning & Cardio Circuit		All Women's Pilates & Postnatal Pilates		
7pm						
7:30pm						



CHERMSIDE



KEPERRA