



# WEEKLY CLASSES



	Monday	Tuesday	Wednesday	Thursday	Friday
09:00	Core, Conditioning & Cardio for Women Chermside	Mummy Core & Conditioning Chermside			Mummy Core & Conditioning Chermside
10:00	Pregnancy Circuit Move Mummy Move Chermside	Mummy Core Restore Intro Course Chermside			Mummy Core & Conditioning Chermside
10:30				Women's Reformer Small Group Keperra	
11:00		Mummy Core & Conditioning Chermside			
5:30	Women's Reformer Small Group Keperra			5pm Pregnancy Core & Stretch Pilates Chermside	
6:00				6pm Pregnancy Core & Stretch Pilates Chermside	
6:30		All Stages All Ages Women's Circuit Keperra			
7:00				7pm Core & Conditioning Pilates (Postnatal & beyond) Chermside	

