



For bookings, session availability, casual & package prices please refer to: www.smartpilates.net.au

IMPORTANT: As some sessions may be full please refer to the online booking facility above or phone SMART Pilates 0456 304 131

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am Group Equip Pilates Jill		6.00am Reformer Pilates Jill		5.30am Group Equip Pilates Jill	
6.30am Express Reformer Pilates Jill	6.00am Cardio Strength Jill		6.00am Reformer Pilates Nicole	6.30am Express Reformer Pilates Jill	
8.15am Express Reformer Pilates Belinda				7.30am Express Reformer Pilates Belinda	7.00am Group Equip Pilates Nicole
9.00am Strength & Conditioning Ben	8.00am Reformer Pilates Nicole	8.15am Express Reformer Pilates Belinda	9.00am Strength & Conditioning Ben	9.00am Strength & Conditioning Ben	8.00am Reformer Pilates Nicole
9.00am Belinda "Coming Soon" Stretch Therapy	9.00am Matwork Pilates Nicole	9.00am Reformer Pilates Belinda	9.00am Reformer Pilates Belinda	9.00am Matwork Pilates Belinda	
10.00am Reformer Pilates Belinda	10.15am Group Equip Pilates Nicole	10.00am Reformer Pilates Belinda	10.00am Reformer Pilates Belinda	10.00am Reformer Pilates Belinda	
10.00am Strength & Conditioning Ben				10.00am Strength & Conditioning Ben	
		12.00pm Express Reformer Pilates Jill			
1.00pm Express Reformer Pilates Jill	1.00pm Express Reformer Pilates Belinda	1.00pm Express Reformer Pilates Jill	12.30pm Group Equip Pilates Belinda	1.30pm NEW Stretch & Release Jill	
4.30pm Reformer Pilates Nicole	4.45pm Express Reformer Pilates Nicole		4.30pm Reformer Pilates Jill		
5.30pm Matwork Pilates Nicole	5.45pm Group Equip Pilates Nicole	5.15pm Express Reformer Pilates Nicole	5.30pm Group Equip Pilates Jill		
5.30pm Strength & Conditioning Ben		6.00pm Group Equip Pilates Nicole	6.30pm NEW Stretch & Release Jill		

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