

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		6.00am Reformer		5.30am Group Equip	
Pilates		Pilates		Pilates	
Jill		Jill		Jill	
6.30am Express	6.00am Cardio		6.00am Reformer	6.30am Express	
Reformer Pilates	Strength		Pilates	Reformer Pilates	
Jill	Jill		Nicole	Jill	
8.15am Express				7.30am Express	7.00am Group Equip
Reformer Pilates				Reformer Pilates	Pilates
Belinda				Belinda	Nicole
9.00am Strength &	8.00am Reformer	8.15am Express	9.00am Strength &	9.00am Strength &	8.00am Reformer
Conditioning	Pilates	Reformer Pilates	Conditioning	Conditioning	Pilates
Ben	Nicole	Belinda	Ben	Ben	Nicole
9.00am Belinda	9.00am Matwork	9.00am Reformer	9.00am Reformer	9.00am Matwork	
"Coming Soon"	Pilates	Pilates	Pilates	Pilates	
Stretch Therapy	Nicole	Belinda	Belinda	Belinda	
10.00am Reformer	10.15am Group Equip	10.00am Reformer	10.00am Reformer	10.00am Reformer	
Pilates	Pilates	Pilates	Pilates	Pilates	
Belinda	Nicole	Belinda	Belinda	Belinda	
10.00am Strength &				10.00am Strength &	
Conditioning				Conditioning	
Ben				Ben	
				<del>-</del>	
		12.00pm Express			
		Reformer Pilates			
		Jill	12.30pm Group Equip		
1.00pm Express	1.00pm Express	1.00pm Express	Pilates		
Reformer Pilates	Reformer Pilates	Reformer Pilates	Belinda	1.30pm <b>NEW</b>	
Jill	Belinda	Jill	20	Stretch & Release	
<b>J</b>	Demina	<b></b>		Jill	
4.30pm Reformer	4.45pm Express		4.30pm Reformer		
Pilates	Reformer Pilates		4.30pm Reformer Pilates		
	Nicole		Jill		
Nicole 5.30pm Matwork	5.45pm Group Equip	5.15pm Express	5.30pm Group Equip		
Pilates	Pilates	Reformer Pilates	Pilates		
Nicole	Nicole	Nicole	Jill		
5.30pm Strength &	INICOIE	6.00pm Group Equip	6.30pm <b>NEW</b>		
Conditioning		Pilates	Stretch & Release		
Ben		Nicole	Jill		
Dell		MICUIE	J111		

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