

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
5.45am Express	6.00am Cardio	6.00am Reformer	6.00am Reformer	5.45am Express	
Reformer Pilates	Strength	Pilates	Pilates	Reformer Pilates	
Jill	Jill	Jill	Belinda	Jill	
6.30am Express	7.00am Express	7.00am Express	7.00am Express	6.30am Express	6.15am Express
Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
Jill	Jill	Jill	Belinda	Jill	Alana
8.15am Express		7.00am Strength &		7.30am Express	7.00am Group Equip
Reformer Pilates		Conditioning		Reformer Pilates	Pilates
Jill		Ben		Jill	Alana
9.00am Strength &	8.00am Reformer	8.15am Express	9.00am Strength &	9.00am Strength &	8.00am Express
Conditioning	Pilates	Reformer Pilates	Conditioning	Conditioning	Reformer Pilates
Ben	Nicole	Belinda	Ben	Ben	Alana
		9.00am Reformer	9.00am Reformer	9.00am Matwork	
		Pilates	Pilates	Pilates	
		Belinda	Alana	Belinda	
10.00am Reformer	9.00am Matwork	10.00am Reformer	10.00am Express	10.00am Reformer	
Pilates	Pilates	Pilates	Reformer Pilates	Pilates	
Jill	Nicole	Belinda	Alana	Belinda	
10.00am Strength &				10.00am Strength &	
Conditioning				Conditioning	
Ben				Ben	
	10.15am Group Equip				
	Pilates	12.00pm Express			
	Nicole	Reformer Pilates			
		Jill			
1.00pm Express		1.00pm Express			
Reformer Pilates		Reformer Pilates			
Jill		Jill			
	4.00mm TEFNE Commit		4.00pm Express		
	4.00pm <b>TEENS</b> Group		Reformer Pilates		
	Equip Pilates <b>Jill</b>		Jill		
4.45pm Express	4.45pm Express	4.30pm Express	4.45pm Express		
Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
Nicole	Nicole	Nicole	Jill		
5.30pm Matwork	5.45pm Group Equip	5.15pm Express	5.30pm Express		
Pilates	Pilates	Reformer Pilates	Reformer Pilates		
Nicole	Nicole	Nicole	Jill		
5.30pm Strength &		6.00pm Group Equip			
Conditioning		Pilates			
Ben		Nicole			

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