



For bookings, session availability, casual & package prices please refer to: [www.smartpilates.net.au](http://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 Reformer Pilates Jill	6.00am Fuse Ladder Jill	6.00am Reformer Pilates Jill	6.00am Reformer Pilates Alana	5.45am Reformer Pilates Jill	
6.30am Reformer Pilates Jill	7.00am Reformer Pilates Jill	7.00am Reformer Pilates Jill	6.00am Fuse Ladder Belinda	6.30am Reformer Pilates Jill	6.00am Reformer Pilates Alana
8.15am Reformer Pilates Jill	7.00am Fuse Ladder Belinda	7.00am Strength & Conditioning Ben	7.00am Reformer Pilates Alana	7.30am Reformer Pilates Jill	7.00am Group Equip Pilates Alana
9.00am Strength & Conditioning Ben	8.00am Reformer Pilates Nicole	8.15am Reformer Pilates Belinda	7.00am Fuse Ladder Belinda	9.00am Strength & Conditioning Ben	8.00am Reformer Pilates Alana
9.00am Matwork Pilates Jill	8.00am Fuse Ladder Belinda	9.00am Reformer Pilates Belinda	8.00am Fuse Ladder Belinda	9.00am Matwork Pilates Belinda	
10.00am Reformer Pilates Jill	9.00am Matwork Pilates Nicole	9.00am Fuse Ladder Nicole	8.15am Reformer Pilates Alana	10.00am Reformer Pilates Belinda	
10.00am Strength & Conditioning Ben	9.00am Fuse Ladder Belinda	10.00am Fuse Ladder Belinda	9.00am Reformer Pilates Alana	10.00am Strength & Conditioning Ben	
	10.15am Group Equip Pilates Nicole	12.00pm Reformer Pilates Jill	9.00am Strength & Conditioning Ben		
1.00pm Reformer Pilates Jill					
	4.00pm <b>TEEN</b> Group Equip Pilates Jill	4.30pm Reformer Pilates Nicole	10.00am Fuse Ladder Belinda		
4.45pm Reformer Pilates Nicole	4.45pm Reformer Pilates Nicole	5.15pm Reformer Pilates Nicole	4.45pm Reformer Pilates Jill		
5.30pm Matwork Pilates Nicole	5.45pm Group Equip Pilates Nicole		5.30pm Reformer Pilates Jill		
5.30pm Strength & Conditioning Ben		6.00pm Group Equip Pilates Nicole			

v3 25/5/25 Colour

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