pilates SMART

WEEKLY CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT
6:30am Jill Reformer	6:00am Belinda Fuse Ladder	7:00am Belinda Reformer	6:00am Belinda Fuse Ladder	5:45am Jill Reformer	6:00am Dione Reformer
8:15am Jill Reformer	7:00am Dione Fuse Ladder	8:00am Belinda Fuse Ladder	7:00am Dione Reformer	6:30am Jill Reformer	7:00am Dione Pilates Circuit Class
9:00am Ben Strength & Conditioning	7:00am Belinda Reformer	9:00am Jill Reformer	7:00am Belinda Fuse Ladder	7:30am Jill Reformer	8:00am Dione Reformer
9:00am Jill Matwork	8:00am Belinda Fuse Ladder	9:00am Nicole Fuse Ladder	8:00am Belinda Fuse Ladder	7:30am Belinda Fuse Ladder	
10:00am Jill Reformer	8:00am Nicole Reformer	10:00am Ben Strength & Conditioning	9:00am Jill Reformer	9:00am Ben Strength & Conditioning	
10:00am Ben Strength & Conditioning	9:00am Belinda Strength & Conditioning	11:00am Belinda Fascia Flow	9:00am Ben Strength & Conditioning	9:00am Belinda Matwork	
1:00pm Jill Reformer	9:00am Nicole Matwork	12:00pm Jill Over 60's Reformer	10:00am Jill Pilates Circuit Class	10:00am Belinda Reformer	
4:45pm Nicole Reformer	10:15am Nicole Pilates Circuit Class	1:00pm Jill Reformer	4:45pm Jill Reformer	10:00am Ben Strength & Conditioning	
5:30pm Ben Strength & Conditioning	1:00pm Belinda Fuse Ladder	4:30pm Nicole Reformer	5:30pm Jill Reformer		
	2:00pm Jill Over 70's Group	5:15pm Nicole Reformer			
	4:45pm Nicole Fuse Ladder	5:30pm Ben Strength & Conditioning			
	5:45pm Nicole Pilates Circuit Class	6:00pm Nicole Pilates Circuit Class			

Reformer · Fuse Ladder · Strength & Conditioning · Matwork · Pilates Circuit Class · Fascia Flow · Over 60's / 70's

Book via smartpilates.net.au · 0456 304 131

SMART Pilates Port Macquarie · 7/120 Gordon Street · v8 · October 2026 · timetable subject to change