

Pilates exercise classes 2015

This schedule is subject to change at short notice

Monday	8.00 - 8.45am (limited availability)	<i>Judy Thomas</i>
	8.45 - 9.30am	<i>Judy Thomas</i>
	9.30 - 10.15am	<i>Judy Thomas</i>
	12.30 - 1.15pm	<i>Judy Thomas</i>
	1.15 - 2.00pm	<i>Daniel Sheehy</i>
	2.00 - 2.45pm	<i>Helen Jones</i>
	4.30 - 5.15pm	<i>Daniel Sheehy</i>
	5.15 - 6.00pm	<i>Helen Jones</i>
Tuesday	6.00 - 6.45pm	<i>Helen Jones</i>
	8.00 - 8.45am (limited availability)	<i>Helen Jones</i>
	8.45 - 9.30am (limited availability)	<i>Helen Jones</i>
	9.45 - 10.30am	<i>Lisa Osmond</i>
	1.15 - 2.00pm	<i>Helen Jones</i>
	2.00 - 2.45pm (limited availability)	<i>Lisa Osmond</i>
	4.45 - 5.30pm	<i>Peter Barrett</i>
	5.30 - 6.15pm	<i>Peter Barrett</i>
Wednesday	8.00 - 8.45am (limited availability)	<i>Judy Thomas</i>
	11.45 - 12.30pm	<i>Judy Thomas</i>
	12.30 - 1.30pm	<i>Judy Thomas</i>
	1.30 - 2.15pm	<i>Daniel Sheehy</i>
	2.15 - 3pm	<i>Helen Jones</i>
	5.30 - 6.15pm	<i>Helen Jones</i>
	6.15 - 7pm	<i>Helen Jones</i>
	Thursday	9.00 - 9.45am
9.45 - 10.30am		<i>Lisa Osmond</i>
10.30 - 11.15am		<i>Shane Ryan</i>
4.30 - 5.15pm		<i>Peter Barrett</i>
5.15 - 6.00pm		<i>Peter Barrett</i>
6.00 - 6.45pm		<i>Peter Barrett</i>
Friday	8.00 - 8.45am	<i>Helen Jones</i>
	8.45 - 9.30am	<i>Helen Jones</i>
	9.30 - 10.15am	<i>Judy Thomas</i>
	1.15 - 2.00pm	<i>Daniel Sheehy</i>
	2.00 - 2.45pm	<i>Peter Barrett</i>
	5.00 - 5.45pm	<i>Peter Barrett</i>
Saturday	8.15 - 9.00am	<i>rostered</i>
	9.00 - 9.45am	<i>rostered</i>
	9.45 - 10.30am	<i>rostered</i>

Please call 8295 1294 for cancellations. Due to the high demand for Pilates classes we require a minimum of 5 hours notice for cancellations.

Failure to attend a booked class or give adequate notice may incur a \$10 non-attendance fee. Recurrent non-attendance will forfeit any pre-booked sessions. Workcover and Third Party clients be aware that by not attending scheduled appointments you may be putting your claim at risk.

Helen Jones Peter Barrett Judy Thomas Shane Ryan Sandy Woolman Lisa Osmond Sarah Wallwork