

# FREE TO MOVE CLASSES TIMETABLE

## Fourth Term 2011

| DAY   | CLASS TYPE                  | TIMES                            | STARTING  | COST /WEEKS                            | TEACHER |
|-------|-----------------------------|----------------------------------|---|--|---------|
| MON   | Studio Pilates              | 11—12noon or<br>12 noon—1pm      | Series 7: 10th Oct—7th Nov<br>Series 8: 14th Nov— 12th Dec                          | \$250 for 5 weeks                      | Jodie   |
|       | Level 3<br>Floor Pilates    | 6.15—7.15pm                      | 10th Oct—12th Dec   | \$250 for 10 weeks                     | Jodie   |
|       | Feldenkrais<br>Intermediate | 7.15—8.15pm                      | 10th Oct—12th Dec   | \$250 for 10 weeks                     | Jodie   |
| TUES  | Studio Pilates              | 9am—10am or<br>10am—11am         | Series 7: 11th Oct—8th Nov<br>Series 8: 15th Nov—13th Dec                           | \$250 for 5 weeks                      | Ali     |
|       | Studio Pilates              | 6pm—7pm or<br>7pm—8pm            | Series 7: 11th Oct—8th Nov<br>Series 8: 15th Nov—13th Dec                           | \$250 for 5 weeks                      | Gemma   |
| WED   | Studio Pilates              | 11am—12noon or<br>12noon—1pm     | Series 7: 12th Oct—9th Nov<br>Series 8: 16th Nov—14th Dec                           | \$250 for 5 weeks                      | Jodie   |
|       | Studio Pilates              | 5pm—6pm or<br>6pm—7pm            | Series 7: 12th Oct—9th Nov<br>Series 8: 16th Nov—14th Dec                           | \$250 for 5 weeks                      | Jodie   |
| THURS | Level 2<br>Floor Pilates    | 9.30am—<br>10.30am               | 13th Oct—15th Dec   | \$250 for 10 weeks                     | Jodie   |
|       | Level 3<br>Floor Pilates    | 9.30am—<br>10.30am               | 13th Oct—15th Dec   | \$250 for 10 weeks                     | Jodie   |
|       | Studio Pilates              | 6pm—7pm or<br>7pm—8pm            | Series 7: 13th Oct—10th Nov<br>Series 8: 17th Nov—15th Dec                          | \$250 for 5 weeks                      | Ali     |
|       | Level 2<br>Floor Pilates    | 6.15—7.15pm                      | 13th Oct—15th Dec   | \$250 for 10 weeks                     | Jodie   |
|       | Level 1<br>Floor Pilates    | 7.15—8.15pm                      | 13th Oct—15th Dec   | \$250 for 10 weeks                     | Jodie   |
| FRI   | Studio Pilates              | 9.30—10.30am or<br>10.30—11.30am | Series 7: 14th Oct—11th Nov<br>Series 8: 18th Nov—16th Dec<br>No class 28th October | \$200 for 4 weeks<br>\$250 for 5 weeks | Gemma   |
| SAT   | Level 1<br>Floor Pilates    | 8.30—9.30am                      | 15th Oct—10th Dec<br>No class 29th October  | \$200 for 8 weeks                      | Ali     |
|       | Feldenkrais<br>Beginners    | 9.30—10.30am                     | 15th Oct—10th Dec<br>No class 29th October  | \$200 for 8 weeks                      | Ali     |



Beginners



All Levels



Intermediate



Advanced

### ENROLMENT ESSENTIAL - PHONE 0405 97 2211

CLASS TIMES MAY BE SUBJECT TO CHANGE