

FREE TO MOVE CLASSES TIMETABLE

Fourth Term 2011

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

Details may be subject to change

ENROLMENT ESSENTIAL - PHONE 0405 97 2211