

FREE TO MOVE CLASSES TIMETABLE

First Term 2012

DAY	CLASS TYPE	TIMES	DATES	COST / WEEKS	WITH	VENUE
MON	Pregnancy and Postnatal Pilates (All Levels)	10.30—11.30am	Series 1: 30th Jan—27th Feb Series 2: 12th Mar— 2nd April	\$250 for 5 weeks \$200 for 4 weeks	Ali	97 Scarborough Beach Rd Mt Hawthorn
MON	Studio Pilates (All Levels)	11am—12noon 11.30 –12.30am	Holidays: 9th 16th & 23rd Jan Series 1: 30th Jan—27th Feb Series 2: 12th Mar— 2nd April	\$150 for 3 weeks \$250 for 5 weeks \$200 for 4 weeks	Ali	97 Scarborough Beach Rd Mt Hawthorn
TUES	Studio Pilates (All Levels)	9—10am or 10—11am	Series 1: 31st Jan—28th Feb Series 2: 6th Mar— 3rd April	\$250 for 5 weeks \$250 for 5 weeks	Jodie	97 Scarborough Beach Rd Mt Hawthorn
TUES	Studio Pilates (All Levels)	6—7pm or 7 8pm	Holidays: 10th, 17th & 24th Jan Series 1: 31st Jan—28th Feb Series 2: 6th Mar— 3rd April	\$150 for 3 weeks \$250 for 5 weeks \$250 for 5 weeks	Ruth / Jodie	97 Scarborough Beach Rd Mt Hawthorn
WED	Studio Pilates (All Levels)	11am—12noon or 12noon—1pm	Holidays: 11th, 18th & 25th Jan Series 1: 1st Feb—29th Feb Series 2: 7th Mar— 4th April	\$150 for 3 weeks \$250 for 5 weeks \$250 for 5 weeks	Jodie	97 Scarborough Beach Rd Mt Hawthorn
WED	Floor Pilates Level 2 & 3	6—7pm	11th Jan—27th March	\$300 for 12 weeks	Jodie	24 View St North Perth
WED	Feldenkrais Intermediate	7—8pm	11th Jan—27th March	\$300 for 12 weeks	Jodie	24 View St North Perth
WED	Floor Pilates Level 1 Beginners	8—9pm	11th Jan—27th March	\$300 for 12 weeks	Jodie	24 View St North Perth
THURS	Floor Pilates Level 2 & 3	9.30—10.30am	12th Jan—5th April	\$300 for 12 weeks	Jodie	117 Angove St North Perth
THURS	Studio Pilates (All Levels)	5—6pm or 6—7pm or	Holidays: 12th & 19th Jan Series 1: 2nd Feb—1st March Series 2: 8th Mar— 5th April	\$150 for 3 weeks \$250 for 5 weeks \$250 for 5 weeks	Ali	97 Scarborough Beach Rd Mt Hawthorn
FRI	Studio Pilates (All Levels)	9.30 -10.30am or 10.30 -11.30am	Series 1: 3rd Feb—2nd March Series 2: 9th Mar—30th March	\$250 for 5 weeks \$200 for 4 weeks	Jodie	97 Scarborough Beach Rd Mt Hawthorn
SAT	Floor Pilates Level 2 Fitball	7.30—8.30am	21st Jan—31st March No class 3 March	\$250 for 10 weeks	Ali	117 Angove St North Perth
SAT	Floor Pilates Level 1 Beginners	8.30—9.30am	21st Jan—31st March No class 3 March	\$250 for 10 weeks	Ali	117 Angove St North Perth
SAT	Feldenkrais Beginners	9.30—10.30am	21st Jan—31st March No class 3 March	\$250 for 10 weeks	Ali	117 Angove St North Perth

Please note new venue information
 Details may be subject to change - Enrolment essential
 Please phone: 0405 97 2211