



Seaside Pilates

CLASS TIMETABLE

Seaside Pilates offers a range of classes 6 days a week. Take a look at our current time table, and if you have any questions please call or drop into the studio to learn more. To book or for details about joining our online mat classes please phone Chantell on 0430 175 007.

If you cancel your class less than 24 hours before it starts, you will be charged for that class but be given the opportunity to retake that class within a one week period. This then allows another member to be offered a class spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am (OP) Equipment	6:30am (P) Equipment	6:30am (P) Equipment		8.00am (OP) Equipment	8.00am (P) Equipment
10.00am (OP) Equipment	8:30am (OP) Equipment	7:30am (OP) Equipment		9:00am (OP) Equipment	9:00am (P) Equipment
11:00am Mums & Bubs		9:30am (OP) Gentle Mat		10:00am Mat Class	10:00am Mat Class
12:00pm (OP) Equipment	11:00am (OP) Equipment	10:30am (OP) Equipment		11:00am (OP) Equipment	11:00am (P) Equipment
1:00pm (OP) Equipment	12:00pm (OP) Equipment	11:30am (OP) Equipment		12:00pm (OP) Equipment	
				1:00pm (OP) Equipment	
5:00pm (P) Equipment	5:00pm (P) Equipment	5:00pm (P) Equipment	5:00pm (P) Equipment		
6:00pm Roll & Release Mat Class	6:00pm (P) Equipment	6:00pm (P) Equipment	6:00pm (P) Equipment		
7:00pm (P) Equipment	7:00pm (P) Equipment	7:00pm (P) Equipment	7:00pm (P) Equipment		

(P) = Peak Class (OP) = Off-Peak Class