



Monday	Tuesday	Wednesday	Thursday	Friday
<b>6am Reformer</b> Restore Foundation	<b>1.30pm Mat Pilates</b> Mums & Bubs	<b>7am Mat Pilates</b> Intermediate	<b>6am Reformer</b> Restore Flow	<b>7.15am Reformer for Athletes</b>
<b>7am Reformer</b> Restore Foundation	<b>5.30pm Yin Yoga</b>	<b>6pm Reformer</b> Restore Flow	<b>7am Reformer</b> Restore Flow	<b>10.30am Pilates for Arthritis</b>
<b>9am Arthritis &amp; Post-operative Rehab</b>		<b>7pm Reformer</b> Restore Foundation	<b>8am Reformer</b> Restore Foundation	
<b>5.30pm Mat Pilates</b> Intermediate			<b>9am Reformer</b> Restore Foundation	
<b>6.30pm Reformer</b> Restore Foundation			<b>9am Arthritis &amp; Post-operative Rehab</b>	
			<b>12.30pm Reformer</b> Restore Foundation	
			<b>1.30pm Reformer</b> Restore Foundation	
			<b>5.45pm Pilates for Tradies</b>	