



SKELETON TIMETABLE – GREGORY HILLS

Week 1 - Tuesday 4th to Saturday 8th January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:00AM Reformer		6:30AM Reformer	7:00AM Reformer	7:00AM Reformer
					9:30AM Reformer	8:00AM Reformer
						9:00AM Pre/Post Natal
PM		12:30PM Reformer	6:30PM Pre-Pilates	12:30PM Reformer		
		6:00PM Reformer	7:30PM Reformer	6:00PM Reformer		
		7:00PM Reformer		7:00PM Reformer		

SKELETON TIMETABLE – GREGORY HILLS

Week 2 - Monday 10th to Saturday 15th January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:00AM Reformer		6:30AM Reformer	7:00AM Reformer	7:00AM Reformer
					9:30AM Reformer	8:00AM Reformer
						9:00AM Pre/Post Natal

PM	5:30PM Reformer	12:30PM Reformer	6:30PM Pre-Pilates	12:30PM Reformer		
	6:30PM Reformer	6:00PM Reformer	7:30PM Reformer	6:00PM Reformer		
	7:30PM Pre-Pilates	7:00PM Reformer		7:00PM Reformer		

SKELETON TIMETABLE – GREGORY HILLS

Week 3 - Monday 17th to Saturday 22nd January

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00AM Reformer		6:30AM Reformer	7:00AM Reformer	7:00AM Reformer
					9:30AM Reformer	8:00AM Reformer
						9:00AM Pre/Post Natal

PM	5:30PM Reformer	12:30PM Reformer	6:30PM Pre-Pilates	12:30PM Reformer		
	6:30PM Reformer	6:00PM Reformer	7:30PM Reformer	6:00PM Reformer		
	7:30PM Pre-Pilates	7:00PM Reformer		7:00PM Reformer		

SKELETON TIMETABLE – GREGORY HILLS

Week 4 - Monday 24th to Saturday 29th January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:00AM Reformer		6:30AM Reformer	7:00AM Reformer	7:00AM Reformer
					9:30AM Reformer	8:00AM Reformer
						9:00AM Pre/Post Natal

PM	5:30PM Reformer	12:30PM Reformer		12:30PM Reformer		
	6:30PM Reformer	6:00PM Reformer		6:00PM Reformer		
	7:30PM Pre-Pilates	7:00PM Reformer		7:00PM Reformer		