



## STUDIO TIMETABLE – GREGORY HILLS

Group Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	10:30AM Cancer Rehab	6:15AM Reformer	7:00AM Reformer	6:30AM Reformer	7:00AM Reformer	7:00AM Reformer	7:00AM Reformer
		7:00AM Reformer	8:00AM Reformer	10:30AM Cancer Rehab	9:30AM Reformer	8:00AM Reformer	8:00AM Reformer
		9:30AM Cancer Rehab			10:30AM Pre/Post Natal	9:00AM Pre/Post Natal	9:00AM Reformer
						10:00AM Cancer Rehab	10:00AM Slow & Go

<b>PM</b>	12:30PM Reformer	12:30PM Reformer	12:30PM Reformer	12:30PM Reformer	12:30PM Reformer		
	4:30PM Slow & Go	5:00PM Cancer Rehab	4:30PM Slow & Go	5:00PM Reformer			
	5:30PM Reformer	6:00PM Reformer	5:30PM Pre/Post Natal	6:00PM Reformer			
	6:30PM Reformer	7:00PM Reformer	6:30PM Pre-Pilates	7:00PM Reformer			
	7:30PM Reformer	8:00PM Reformer	7:30PM Reformer	8:00PM Reformer			