

Wickwoods Class Timetable (Aug - Sept)

	Mon	Tues	Weds	Thurs	Fri
8.30					
9.00			PILATES		
9.30		Conditioning 9.45 - 10.45	9.15 - 10.15	PILATES 9.30 - 10.30	Pump n Tone 09.30 - 10.30
10.00			PILATES	PILATES	
10.30			10.30 - 11.30	10.30 - 11.30	
11.00	Over 50's	Yoga			
11.30	11.00 - 11.45	11.00 - 12.00			
12.00					
12.30				Fitness Pilates	
13.00				12.30 - 13.30	
13.30	Supple Strength				
14.00	13.30 - 14.30	Fitness Pilates	Core Stability		
14.30		14.00 - 15.00	14.00 - 14.30		
15.00					
15.30					
16.00					
16.30					
17.00					
17.30					
18.00					
18.30	PILATES				
19.00	18.30 - 19.30		Yoga	Core Fitness	
19.30		Core Fitness	19.00 - 20.00	19.00 - 20.00	
20.00		19.30 - 20.30			
20.30					

IN-HOUSE
RENATA
JO

CAROLYN
CARA

FIONA
SARAH