

The Corner, Wellington Village

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM						7:00 - 7:45am	
07:45 AM						Alysia - Studio Pilates*	
08:30 AM						8:30 - 9:15am	
08:45 AM						Olivia	
09:00 AM						Studio Pilates*	
09:15 AM						9:15- 10:00am	
09:30 AM			9:30 - 10:15am			Olivia	
09:45 AM			Alysia			Studio Pilates*	
10:00 AM		10:00 - 10:45am	Studio Pilates*			10:00 - 10:45am	
10:15 AM		Alysia				Olivia	
10:30 AM		Studio Pilates*			10:30 - 11:30	Studio Pilates*	
10:45 AM					Rachel	10:45 - 11:30am	
11:00 AM					Clinical Exercise	Olivia	
11:15 AM						Studio Pilates*	
11:30 AM							
11:45 AM							
12:00 PM		12:00 - 12:45pm					
12:15 PM		Rachel					
12:30 PM		GLA:D					
12:45 PM							
01:00 PM					1.00-1.45		
01:15 PM					Rachel		
01:30 PM					GLA:D		
01:45 PM							
02:00 PM							
02:15 PM							
02:30 PM							
02:45 PM							
03:00 PM							
03:15 PM							
03:30 PM							
03:45 PM							
04:00 PM							
04:15 PM							
04:30 PM							
04:45 PM							
05:00 PM		5:00 - 5:45	5:00 - 5:45pm				
05:15 PM		Jasmine	Tiffany				
05:30 PM		Clinical Exercise	Clinical Exercise				
05:45 PM		5:45 - 6:15					
06:00 PM		Jasmine	6:00 - 6:45pm				
06:15 PM		Clinical Exercise	Tiffany				
06:30 PM			Clinical Exercise				
06:45 PM							
07:00 PM							
07:15 PM							
07:30 PM							

Bookings essential for all classes

***Studio & Clinical Pilates classes are NOT private health rebatable.**