

GROUP PILATES TIMETABLE - ADELAIDE CBD

MON	TUE	WED	THU	FRI
8:00 AM Joel		8:00 AM Kinnari		8:00 AM Kinnari
12:00 PM Joel	12:00 PM Joel	12:00 PM Stef	12:00 PM Josh	
1:00 PM Shazia	1:00 PM Kinnari	12:40 PM Antenatal	1:00 PM Stef	1:00 PM Joel
4:10 PM Stef	4:30 PM Stef	4:40 PM Josh	4:30 PM Stef	4:20 PM Kinnari
4:50 PM Stef	5:10 PM Stef	5:20 PM Shazia	5:10 PM Shazia	
5:30 PM Josh	5:50 PM Kinnari		5:50 PM Joel	



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Please note that class times & instructors are subject to change.