

# Cairns Pilates Studio Timetable

Mon	Tues	Wed	Thurs	Fri	Sat
		6.45am Basic	6.15am Pregnancy Pilates* Starting 12.04.10	6.45am Basic	
9.30am Basic	9.30am Ball +	9.30am Basic	9.30am Pilates Circuit	9.00am Basic / Intermediate	9.00am Basic
		10.30am Basic Intro			10.15am Beginners : <i>Intro to Pilates*</i>
4.15pm Basic +	12 – 12.45pm Clinical Pilates <i>Starting soon</i>		12.30 – 1.15pm Clinical Pilates <i>Starting soon</i>	12.30pm Clinical Pilates *	
5.30pm Basic	5.30pm Ball	5.30pm Basic+	5.30pm Clinical Pilates *		
6.30 – 7.15pm Clinical Pilates <i>Drop In Class*</i> Starting 12.04.10	6.30pm Beginners : <i>Intro to Pilates*</i>	6.30pm Beginners : <i>Intro to Pilates*</i>	6.30pm Clinical Pilates *		



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Pilates & Wellbeing

Classes marked with \* indicate that bookings are required  
Personal Training Sessions & Reformer are by appointment - Ph 4041 7717 or speak with reception