

CLINICAL PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 am			Clinical Pilates Kane		Clinical Pilates Liz	
8:00 am		Clinical Pilates Charlie			Clinical Pilates Liz	
9:00 am			Clinical Pilates Kane		Clinical Pilates Liz	Clinical Pilates Charlie/Kane
9:30am		Clinical Pilates Charlie				
9:45 am						Clinical Pilates Charlie/Kane
10:00 am					Clinical Pilates Liz	
10:30 am						Clinical Pilates Charlie/Kane
11:00 am			B2B Postnatal Charlie		B2B Postnatal Liz	
12:30 pm		Clinical Pilates Liz	Clinical Pilates Charlie			
5:00 pm	Clinical Pilates Michelle		Clinical Pilates Kane	Clinical Pilates Charlie		
5:45 pm	Clinical Pilates Michelle	Clinical Pilates Liz	Clinical Pilates Kane	Clinical Pilates Charlie		
6:30 pm	Clinical Pilates Michelle	Clinical Pilates Liz	Clinical Pilates Kane	Clinical Pilates Kane		

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