

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Session	6.00am	Equipment Session Amanda/Jo		Equipment Session Jeremy/Jo		Equipment Session Jo/Jeremy		
	6.30am							
	7.00am			Equipment Session Jeremy/Kylie		Equipment Session Jo/Jeremy/Amanda		
	7.30am							
	8.00am	Group Reformer Session Amanda	Equipment Session Amanda	Equipment Session Kylie/Jeremy	Equipment Session Kylie/Jo	Equipment Session Jeremy/Kylie		
	8.30am							
	9.00am					Equipment Session Kylie/Jo		
	9.20am	Equipment Session Amanda/Kylie/Jo	Equipment Session Dianne/Monica	Equipment Session Kylie/Monica	9.00am Equipment Session Kylie	9.30am Equipment Session Amanda	9.00am Equipment Session Kylie/ Amanda/Srey	
	10.30am	Equipment Session Amanda/Jo	Equipment Session Amanda/Monica			10 am Equipment Session Kylie/Jo	10.15am Equipment Session Kylie/ Amanda/Srey	
	11.30am							
Evening Session	12.00pm							
	5.15pm	Equipment Session Amanda	Equipment Session Lesley/Amanda	Equipment Session Amanda/Lesley	Equipment Session Jeremy			
	6.15pm	Equipment Session Jeremy/Amanda	Equipment Session Lesley/Amanda	Equipment Session Amanda/Lesley	Equipment Session Jeremy			
	7.15pm			Equipment Session Amanda/Lesley				

Booking appointments are essential. We require 24 hours notice of cancellation otherwise the full fee applies to late cancellations. Pre-payment is required for all sessions

Please note we conduct a number of private Sessions in our Studio. These sessions are available throughout the day at a time convenient to client and instructor. We ask that you bring a large towel, clean socks and a bottle of water with you to your session. Please be punctual.