

## Allegro, Mat, POWERPLATE®, Group GYROTONIC® and specialty studio sessions Time Table

DAY	TIME	CLASS TYPE	INSTRUCTOR	STUDIO
Monday	9.00am	POWERPLATE®	Susan	Lamington St
	9.30am	POWERPLATE®	Susan	Lamington St
	10am	Mums and Bubs studio session	Susan	Lamington St
	4pm	Pregnancy session	Natalie	Helen St
	6.00pm	Mat	Erin	Lamington St
	7.00pm	Allegro	Sharon	Lamington St
Tuesday	7.00am	Mat	Sharon	Lamington St
	11.00am	Osteoporosis Studio Session	Lisa	Lamington St
	11.00am	GYROTONIC®	Katie	Lamington St
	5.00pm	GYROTONIC®	Katie	Lamington St
	5.00pm	POWERPLATE®	Erin	Lamington St
	5.30pm	POWERPLATE®	Erin	Lamington St
	6.00pm	POWERPLATE®	Erin	Lamington St
Wednesday	6.00am	POWERPLATE®	Di	Lamington St
	6.30am	POWERPLATE®	Di	Lamington St
	11.00am	GYROTONIC®	Lisa	Lamington St
	6.00pm	POWERPLATE®	Erin	Lamington St
	6.30pm	POWERPLATE®	Erin	Lamington St
	6.30pm	Mat	Sharon	Lamington St
Thursday	8am	Osteoporosis Studio session	Lisa	Lamington St
	10am	PINK PILATES group class	Lisa	Helen St
Friday	6.00am	GYROTONIC®	Katie	Lamington St
	7.00am	GYROTONIC®	Katie	Lamington St
	9.30am	POWERPLATE®	Di	Lamington St
	10.00am	Mums and Bubs studio session	Katie	Lamington St
	10.00am	POWERPLATE®	Di	Lamington St
Saturday	7.30am	POWERPLATE®	Di	Lamington St
	8.00am	Mat	Rebecca	Helen St
	8.00am	POWERPLATE®	Di	Lamington St
	8.30am	POWERPLATE®	Di	Lamington St