

	MONDAY 12th JULY	TUESDAY 13th JULY	WEDNESDAY 14th JULY	THURSDAY 15th JULY	FRIDAY 16th JULY	SATURDAY 17th JULY
Pilates Matwork	6:45pm	5:30pm		5:30pm		9:15am
Pilates Circuit				9:30am		
Pilates with Toys	5:30pm	6:45pm	6:45pm			9:15am
Pilates on the Reformer	5:30pm, 6:45pm & 8:00pm	9:30am, 10:30am ☺ 5:30pm & 8:00pm	8:00pm	10:30am ☺, 6:45pm & 8:00pm	6:00pm & 7:00pm	9:15am
Pilates for Injuries			5:30pm & 6:45pm	5:30pm	9:30am	8:00am & 10:30am
Pregnancy Pilates				10:30am ☺		8:00am
Pregnancy Cycle		5:30pm				
Yoga	8:00pm		8:00pm	6:45pm		8:00am
Tai Chi	6:45pm		8:00pm			
ChiBall			5:30pm	8:00pm		
Boxing		6:45pm	6:45pm			10:30am
Fitness & Weight Loss		10:30am ☺ & 8:00pm		6:45pm		
Cycling		6:45pm & 8:00pm		5:30pm, 6:45pm & 8:00pm		
Personal Training	12:30pm to 9:00pm	5:30pm to 9:00pm	5:30pm to 9:00pm	5:30pm to 9:00pm	6:30am to 10:30am	10:30am to 12:00pm



Creche

Studio Cnr Great Western Hwy & Russell St, Emu Plains **Email** info@pilatesworkspenrith.com.au **Tel** **4727 7710**