

GROUP REFORMER PILATES / CIRCUIT (1:6)
2025 TIMETABLE
JULY ONWARDS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30	HELEN	MIRANDA		MIRANDA	TARA	SERJI or HELEN or HANNAH
09.30	HELEN	MIRANDA	MIRANDA	MIRANDA	ARION	SERJI or HELEN or HANNAH
10.30	HELEN					
11.00			TARA			
11.30				SERJI		SERJI or HELEN or HANNAH
12.00	HANNAH		HELEN		ARION	
13.00		SERJI			TARA	
14.00		SERJI		HELEN		
18.00	SERJI	SERJI	HELEN	GEORGIA		
19.00	SERJI	SERJI		GEORGIA		

ENQUIRIES: 0742 848 0827 - westcott@corefitphysio.com