

GROUP REFORMER PILATES/FOUNDATION (1:6)
2025 TIMETABLE
OCTOBER 2025 ONWARDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30	HELEN	MIRANDA		MIRANDA	TARA	SERJI or NICOLA or HANNAH
09.30	HELEN	MIRANDA	MIRANDA	MIRANDA	ARION	SERJI or NICOLA or HANNAH
10.30	HELEN					
11.00			TARA			
11.30				SERJI		SERJI or NICOLA or HANNAH
12.00	HANNAH		NICOLA		ARION	
13.00		SERJI	NICOLA (FOUNDATION)		TARA	
14.00	HANNAH	SERJI		NICOLA		
18.00	SERJI	SERJI	NICOLA	SOPHIE		
19.00	SERJI	SERJI		SOPHIE		