

For bookings, session availability, casual & package prices please refer to: www.smartpilates.net.au

IMPORTANT: As some sessions may be full please refer to the online booking facility above or phone SMART Pilates 0456 304 131

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am Reformer	6.00am	6.00am Reformer	6.00am Reformer	5.45am Reformer	
Pilates	Fuse Ladder	Pilates	Pilates	Pilates	
Jill	Jill	Jill	Alana	Jill	
6.30am Reformer	7.00am Reformer	7.00am Reformer	6.00am	6.30am Reformer	6.00am Reformer
Pilates	Pilates	Pilates	Fuse Ladder	Pilates	Pilates
Jill	Jill	Jill	Belinda	Jill	Alana
8.15am Reformer	7.00am	7.00am Strength &	7.00am Reformer	7.30am Reformer	7.00am Group Equip
Pilates	Fuse Ladder	Conditioning	Pilates	Pilates	Pilates
Jill	Belinda	Ben	Alana	Jill	Alana
9.00am Strength &	8.00am Reformer	8.15am Reformer	7.00am	9.00am Strength &	8.00am Reformer
Conditioning	Pilates	Pilates	Fuse Ladder	Conditioning	Pilates
Ben	Nicole	Belinda	Belinda	Ben	Alana
9.00am Matwork	8.00am	9.00am Reformer	8.00am	9.00am Matwork	
Pilates	Fuse Ladder	Pilates	Fuse Ladder	Pilates	
Jill	Belinda	Belinda	Belinda	Belinda	
10.00am Reformer	9.00am Matwork	9.00am	8.15am Reformer	10.00am Reformer	
Pilates	Pilates	Fuse Ladder	Pilates	Pilates	
Jill	Nicole	Nicole	Alana	Belinda	
10.00am Strength &	9.00am	10.00am	9.00am Reformer	10.00am Strength &	
Conditioning	Fuse Ladder	Fuse Ladder	Pilates	Conditioning	
Ben	Belinda	Belinda	Alana	Ben	
	10.15am Group Equip		9.00am Strength &		
	Pilates	12.00pm Reformer	Conditioning		
	Nicole	Pilates	Ben		
		lliL			
1.00pm Reformer					
Pilates					
Jill					
	4.00pm TEEN Group	4.30pm Reformer	10.00am		
	Equip Pilates	Pilates	Fuse Ladder		
	Jill	Nicole	Belinda		
4.45pm Reformer	4.45pm Reformer	5.15pm Reformer	4.45pm Reformer		
Pilates	Pilates	Pilates	Pilates		
Nicole	Nicole	Nicole	Jill		
5.30pm Matwork	5.45pm Group Equip		5.30pm Reformer		
Pilates	Pilates		Pilates		
Nicole	Nicole		Jill		
5.30pm Strength &		6.00pm Group Equip			
Conditioning		Pilates			
Ben		Nicole			

v3 25/5/'25 Colour

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