

# Peak Pilates Class Timetable

Newmarket Studio 09-522-8221

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As of 11th April 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7.00am</b>	Reformer Class (Phil)	Reformer class (Lauren)	Reformer Class (Phil) Mat Class ( Taz ) Spinalates (Lauren) Rehab Circuit (Sara)	Reformer Class (Tareeza)	Reformer (Phil)	
<b>8.00am</b>	Combo (Tareeza)			Reformer Class (Tareeza)		Reformer Class (Lauren) Spinalates (Tareeza)
<b>8.30am</b>	Reformer Class (Phil)	Reformer Class (Lauren)	Reformer Class (Phil) Combo (Tareeza)		Reformer Class (Tareeza)	
<b>9.00am</b>	Private Ref (Tareeza)	Reformer Class (Phil)		Reformer Class (Phil) Private Ref (Tareeza)	Rehab Circuit (Physio)	Reformer Class(Tareeza) Basic Reformer (Lauren)
<b>9.30am</b>	Mat Class (Hannah) Reformer Class (Phil)	Reformer Class (Amanda) Mat Class (Lauren)	Mat Class (Lauren) Reformer Class (Phil) Basic Ref (Kat)	Mat Class (Kat)	Mat Class (Tareeza) Reformer Class (Phil) Basic Reformer (Lauren)	
<b>10.00am</b>		Reformer Class (Phil)		Reformer Class (Phil)		Reformer Class (Lauren) Mat Class (Tareeza)
<b>10.30am</b>	Reformer Class (Hannah) Basic Mat (Lauren) Basic Reformer (Phil)	Reformer Class (Lauren)	Reformer Class (Lauren)	Reformer Class (Tareeza)	Reformer Classes (Phil & Tareeza) Mat Class (Lauren)	
<b>11.00am</b>		BP 12-2 (Simone)	Private Reformer (Phil)	Private Reformer (Danni)		Reformer Class (Tareeza)
<b>12:00 p.m.</b>	Ref Classes (Hannah & Lauren)	Mat Class (Lauren)		Reformer Class (Phil)	Reformer classes (Sara & Lauren) Basic Mat Class (Karen)	
<b>04:00 p.m.</b>			Reformer Class (Tareeza)			
<b>05:00 p.m.</b>	Reformer Classes (Hannah & Phil)	Reformer Class (Tareeza) Basic Reformer (Pen)	Mat Class (Lauren) Reformer Class (Tareeza) Basic Reformer (Jenni)	Basic Mat Class (Tareeza) Reformer Class (Phil)		
<b>05:30 p.m.</b>	Rehab Circuit (Physio)		BP 6 -7 (Simone)		Reformer classes (Lauren & Tareeza)	
<b>06:00 p.m.</b>	Mat Class (Hannah) Reformer Classes (Phil & Lauren )	Mat Class (Kat) Reformer Class (Tareeza)	Mat Class (Karen) Reformer Class (Phil) Spinalates (Lauren)	Mat Class (Tareeza) Reformer Class (Phil) Basic Reformer (Soph) Rehab Circuit (Physio)		
<b>07:00 p.m.</b>	Mat Class (Lauren) Spinalates (Hannah) Power Pilates (Phil)	Reformer Class (Tareeza) Basic Reformer (Pen)	Power Pilates (Phil) Basic Mat Class (Lauren)	Reformer Class (Phil) Basic Reformer (Soph)		

Peak Pilates' Newmarket Studio offers around 90 classes each week taught by 5+ regular instructors. For the most part our instructors teach at the same class time each week. Due to unforeseen circumstances & coordinating holidays however, we cannot always guarantee the instructor timetable shown. The posted instructor time table is “per normal” as of the listed date. We appreciate your understanding and your patience.

Please don't hesitate to ask at reception if you have any questions.