

PEAK PILATES AND PHYSIOTHERAPY - ST HELIERS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Cross Training - Brad Reformer - Helen	Power Reformer - Becs Spinalates - Terezza	Mat - Simone Reformer - Brad	Spinalates - Helen Reformer - Brad	Reformer - Simone Mat - Katie	
8:00am	Reformer - Helen	Reformer - Becs Mat - Terezza	Reformer - Helen	Reformer - Becs	Reformer - Simone	Reformer - alternate Reformer - alternate
9:00am			Reformer - Simone Spinalates - Brad			Reformer - alternate Spinalates - alternate
9:30am	Reformer ↓ - Brad Mat - Becs	Reformer - Pen Mat - Terezza Reformer - Becs	Mat - Helen Reformer ↓ - Elaine	Mat - Pen Reformer ↓ - Helen Spinalates - Becs	Reformer - Kirsty Mat - Becs Reformer - Simone	
10:00am			Pilates Prep - Kirsty Reformer - Brad			
10:30am	Spinalates - Jo Pilates Prep ↓ - Katie Reformer - Becs	Pilates Prep - Joanne Reformer - Terezza		Pilates Prep - Gina Reformer - Becs	Spinalates - Gina Power Reformer - Becs Mat - Brad	Reformer ↓ - alternate Reformer - alternate Mat - alternate
11:30am					Pilates Prep - Nadia	
12:00pm	Reformer - Helen	Reformer - Brad	Reformer - Helen		Reformer - Simone Reformer - Brad	
1:00pm		Reformer - Brad				
5:00pm	Reformer - Simone	Pilates Prep - Elaine Reformer - Helen Mat - Simone	Mat - Brad Reformer - Helen	Mat - Brad Reformer - Simone	Reformer - Brad	
6:00pm	Reformer - Simone Reformer - Joanne Mat - Brad Pilates Prep ↓ - Pen	Preg class - Simone Reformer ↓ - Nadia Mat - Helen	Reformer - Brad Mat - Helen	Pilates Prep ↓ - Joanne Reformer - Brad Mat - Simone	Reformer - Brad	
7:00pm	Preg Class - Gina Reformer - Brad Mat - Simone	Mat - Helen Reformer - Katie	Cross Training - Brad Reformer - Helen	Preg Class - Simone Reformer - Brad		

↓ = Downstairs