

Pilates Class Timetable (effective August 21st, 2017)

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM			● PilatesFIT Jennie		● PilatesFIT Shani		
6:30AM							
7AM			● PilatesFIT		● PilatesFIT		
7.30AM			Exp - 30min Jennie		Exp - 30min Shani	● PilatesFIT Kim	
8AM							● PilatesFIT Kim
8.30AM						● PilatesFIT Kim	
9AM			● PilatesFIT Jennie		● PilatesFIT Shani		● PilatesFIT Kim
9.30AM						■ Clinical Kim / Alice	
10AM			◆ Studio Jennie	■ Clinical Kobi	■ Clinical Kobi / Shani	◆ Studio Kim	■ Clinical Jess
10.30AM	■ Clinical Jess						
11AM			■ Clinical Kobi / Jennie		◆ Studio Shani		
11.30AM							
12PM		■ Clinical Jess	● PilatesFIT Exp - 30min Jennie				
1230PM							
1PM	■ Clinical Kobi						
1.30PM							
2PM							
2.30PM							
3PM							
3.30pm							
4PM							
30pm							
5PM		☺ Kids Shani					
5.30pm	■ Clinical Kim / Trevor	◆ Studio Shani	◆ Studio Kim	■ Clinical Jess / Jennie			
6PM							
6.30pm	◆ Studio Kim	■ Clinical Kobi / Shani	■ Clinical Kim / Alice	● PilatesFIT Jennie			
7PM							
7.30pm	● PilatesFIT Kim	● PilatesFIT Shani	● PilatesFIT Kim	◆ Studio Jennie			
8PM							
8.30pm							

Legend

■	Clinical Pilates
◆	Studio Pilates
●	PilatesFIT

www.cssm.com.au/pilates

Cancellation Policy: CSSM requires a minimum of 6 hours notice for cancellation or rescheduling of all Pilates classes. Non arrival or late cancellation will incur a charge for the entire cost of the appointment.