



Pilates Timetable Holden Hill

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30 am Ben	9 am Micaela	9 am Abhi	9 am Abhi	8.30 am Chelsea	8.30 am Yash
10 am Ricardo	10 am Micaela	10 am Ben	10.20 am Micaela	10 am Ricardo	10:30 am Ekam
1pm Falls & balance Abhi		12 pm-1pm Hydro Ekam		11:50 am Falls & Balance Ricardo	
4:10 pm Chelsea	3.30 pm Micaela	1pm Strength & Conditioning Ricardo	3 pm-4 pm Hydro Chelsea	2:30 pm -3:30 pm Hydro Ricardo	
	4:20 pm Abhi	2 pm Exercise Physiology Marcel	4 pm Abhi	4 pm Ricardo	
	5:20 pm Ekam	5:20 pm Ekam	5.20 pm Ben	3 pm Exercise Physiology Marcel	
6.20 pm Micaela	6.20 pm Yash	6.20 pm Micaela	6:20 pm Ekam	5:20 pm Yash	