

# PILATES TIMETABLE

2018

(A) Brianna (B) Kim

| MONDAY                                | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY                                   | SATURDAY                              |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--|---------------------------------------|
| 7.00am – 7.45am<br><b>Group (A)</b>   | 7.00am – 7.45am<br><b>Group (A)</b>   | 7.00am – 7.45am<br><b>Group (A)</b>   | 7.00am – 7.45am<br><b>Group (A)</b>   | 7.00am – 7.45am<br><b>Group (B)</b>      |                                       |
| 8.00am – 8.45am<br><b>Group (A)</b>   | 8.00am – 8.45am<br><b>Group (A)</b>   | 8.00am – 8.45am<br><b>Group (A)</b>   | 8.00am – 08.45am<br><b>Group (A)</b>  | 8.00am – 8.45am<br><b>Group (B)</b>      | 8.00am – 8.45am<br><b>Group (B)</b>   |
| 9.00am – 9.45am<br><b>Group (A)</b>   | 9.00am – 9.45am<br><b>Group (A)</b>   | 9.00am – 9.45am<br><b>Group (A)</b>   | 9.00am – 09.45am<br><b>Group (A)</b>  | 9.00am – 9.45am<br><b>Group (B)</b>      | 9.00am – 9.45am<br><b>Group (B)</b>   |
| 10.15am – 11.00am<br><b>Group (A)</b> | 10.15am – 11.00am<br><b>Group (A)</b> | 10.15am – 11.00am<br><b>Group (A)</b> | 10.15am – 11.00am<br><b>Group (B)</b> | 10.15am – 11.00am<br><b>Group (B)</b>    | 10.00am – 10.45am<br><b>Group (B)</b> |
| 11.15am – 12 noon<br><b>Group (A)</b> |                                       | 11.15am – 12 noon<br><b>Group (A)</b> |                                       | 11.15am – 12.00 noon<br><b>Group (B)</b> | 11.00am – 11.45am<br><b>Group (B)</b> |
|                                       |                                       |                                       |                                       |  | 12.00pm – 12.45pm<br><b>Group (B)</b> |
| 1.15pm – 2.00pm<br><b>Group (A)</b>   | 1.15pm – 2.00pm<br><b>Group (A)</b>   | 1.15pm – 2.00pm<br><b>Group (A)</b>   | 1.15pm – 2.00pm<br><b>Group (B)</b>   | 1.15pm – 2.00pm<br><b>Group (B)</b>      |                                       |
| 2.15pm – 3.00pm<br><b>Group (A)</b>   | 2.15pm – 3.00pm<br><b>Group (A)</b>   | 2.15pm – 3.00pm<br><b>Group (A)</b>   | 2.15pm – 3.00pm<br><b>Group (B)</b>   | 2.15pm – 3.00pm<br><b>Group (B)</b>      |                                       |
|                                       |                                       |                                       | 3.00pm-3:45pm<br><b>Group (B)</b>     |  |                                       |
| 4.15pm – 5.00pm<br><b>Group (A)</b>   | 4.15pm -5.00pm<br><b>Group (A)</b>    | 4.15pm -5.00pm<br><b>Group (A)</b>    | 4.15pm – 5.00pm<br><b>Group (B)</b>   | 4.15pm – 5.00pm<br><b>Group (B)</b>      |                                       |
| 5.15pm – 6.00pm<br><b>Group (A)</b>   | 5.15pm – 6.00pm<br><b>Group (A)</b>   | 5.15pm – 6.00pm<br><b>Group (A)</b>   | 5.15pm – 6.00pm<br><b>Group (B)</b>   | 5.00pm – 5.45pm<br><b>Group (B)</b>      |                                       |
| 6.15pm – 7.00pm<br><b>Group (A)</b>   | 6.15pm – 7.00pm<br><b>Group (A)</b>   | 6.15pm – 7.00pm<br><b>Group (A)</b>   | 6.15pm – 7.00pm<br><b>Group (B)</b>   |  |                                       |