



# POINTE PILATES TIMETABLE

	MONDAY 02 DEC	TUESDAY 03 DEC	WEDNESDAY 04 DEC	THURSDAY 05 DEC	FRIDAY 06 DEC	SATURDAY 07 DEC	SUNDAY 08 DEC					
6am	Reformer Veronique	Reformer Nathalia	Reformer Veronique	Reformer Veronique	POWER Reformer Nathalia	Reformer Veronique	Reformer Veronique	6.30am				
7am	Reformer Veronique	Reformer Nathalia	Restorative Reformer Veronique	Reformer Veronique	Reformer Nathalia			Reformer Veronique	7.30am			
8am					Reformer Nathalia			Beginner Reformer Veronique	Restorative Reformer Veronique	8.30am		
9:15am - 10am	Reformer Veronique	Beginner Reformer Nathalia	POWER Reformer Michelle	Beginner Reformer Veronique				Studio Closed	Studio Closed			
10.30am	MUMS & BUBS Nathalia											
	Private classes available at this time											
1pm	Reformer (45mins) Veronique		Reformer (45mins) Veronique		Reformer (45mins) Nathalia							
	Private classes available at this time											
4.30pm	Reformer Nathalia	Reformer Veronique	Beginner Reformer Natise									
5.30pm	ReformBarre Nathalia	Reformer Veronique	Reformer Natise	Reformer Nathalia								
6.30pm				Reformer Nathalia								

\*\*Please refer to our online Timetable for latest session information