

Groups – Term 1 - 2015

CLASS	Start Date	Practitioner	Next Start
PILATES – Essentials/ Beginners			
Mon 6:00pm Thurs 6:45pm	2 nd March 5 th February	Zara Claire	27 th April 26 th March
PILATES - Intermediates			
Mon 5:15pm Tues 6:00pm Tues 6:45pm	Ongoing	Zara Zara Zara	
STRENGTH			
Boys – Fri 4:15pm Girls – Weds 4:30pm Womens – Weds 6:00pm	6 th February 11 th February 11 th February	Dan Jane Jane	2 nd term 2 nd term Ongoing
OTHER			
Ai Chi – Mon 1pm Hydrotherapy Balance Group	Mon 28 th April Mon 2pm & Wed 3pm 11am Weds	Lou Lou Dan	