

# Pilates Timetable 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM		Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	
7AM		Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	Physio Exercise w/ Vanessa	Physio Exercise w/ Eleanor
8AM	Physio Exercise w/ Kristen	Physio Exercise w/ Vanessa	Physio Exercise w/ Sue	Physio Exercise w/ Vanessa	Physio Exercise w/ Sue	Physio Exercise w/ Eleanor
9AM	Physio Exercise w/ Kristen	Physio Exercise w/ Vanessa	Physio Exercise w/ Sue	Physio Exercise w/ Vanessa	Physio Exercise w/ Sue	Physio Exercise w/ Eleanor
10AM	Physio Exercise w/ Kristen	Physio Exercise 1:1 w/ Vanessa	Physio Exercise w/ Sue	Physio Exercise w/ Vanessa	Physio Exercise 1:1 w/ Vanessa	Physio Exercise w/ Eleanor
11AM	Physio Exercise w/ Kristen		Physio Exercise w/ Sue		Physio Exercise w/ Ramona	Physio Exercise w/ Sue
12PM				Physio Exercise w/ Vanessa	Physio Exercise w/ Ramona	Physio Exercise w/ Vanessa
1PM	Physio Exercise w/ Kristen		Physio Exercise w/ Sue	Physio Exercise w/ Vanessa		Physio Exercise w/ Sue
1:30PM					Physio Exercise w/ Ramona	Physio Exercise w/ Vanessa
2PM	Physio Exercise w/ Kristen		Physio Exercise w/ Sue	Physio Exercise w/ Vanessa		Physio Exercise w/ Sue
2:30PM					Physio Exercise w/ Ramona	Physio Exercise w/ Vanessa
3PM	Physio Exercise w/ Kristen		Physio Exercise w/ Sue			Physio Exercise w/ Sue
3:30PM					Physio Exercise w/ Ramona	
4PM		Physio Exercise w/ Vanessa				Physio Exercise w/ Sue
4:30PM					Physio Exercise w/ Ramona	
5PM		Physio Exercise w/ Vanessa				
5:30PM						
6PM		Physio Exercise w/ Vanessa				
7PM		Physio Exercise w/ Vanessa				