

GEELONG EXERCISE CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM					
10:00 AM	GLAD 10-10:45 Jesse				Pilates & Strength 10:00 - 10:45 Jesse
11:00 AM				Pilates & Strength 11:00 - 11:45 Andy	
12:00 PM	Pilates & Strength 12:45 - 13:30 Andy	Pilates & Strength 12:30 - 13:15 Emily	Pilates & Strength 12:00 - 12:45 Jesse		GLAD 12:00 - 12:45 Jesse
1:00 PM					
2:00 PM				Pilates & Strength 2:15 - 3:00 Emily	
3:00 PM				Pilates & Strength 3:30 - 4:15 Emily	
4:00 PM		Pilates & Strength 4:00 - 4:45 Emily	Pilates & Strength 4:15 - 5:00 Emily		
5:00 PM	Pilates & Strength 5:15 - 6:00 Andy	Pilates & Strength 4:45 - 5:30 Emily	Pilates & Strength 5:30 - 6:15 Mimi	Pilates & Strength 5:00 - 5:45 Emily	