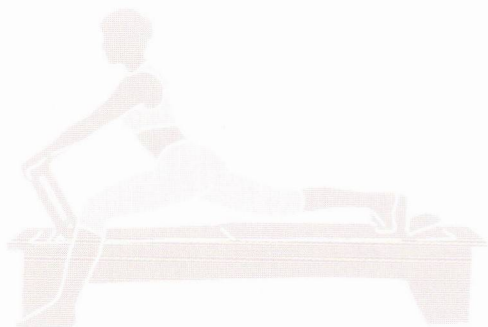


## ***McLaren Vale Equipment Classes***

Mon	Tue	Wed	Thu	Fri	Sat
9:00am Megan	9:00am Brea	9:00am Janhavi	8:40am Brea	9:00am Aleisha	8:45am Megan
9:30am Megan	9:30am Brea	10:00am Janhavi	9:10am Brea	9:30am Courtney	10:30am Mat Class Megan
	10:30am Brea	10:30am Janhavi		10:00am Courtney	
	11:00am Brea				
	4:20pm Janhavi				
	5:30pm Jess				
	6:10pm Mat Class Janhavi				



Pilates classes run for 30 minutes, with an optional 30 minutes of cardio on our exercise equipment beforehand. Mat classes run for 45 minutes. Maximum of 5 per class. All participants need to be initially assessed by a physio, and a few 40 minute one-on-one appointments are required prior to joining classes. Bookings are required, and cancellations with less than 2 hours notice may incur a fee.

# ***McLaren Vale***

## ***Specialty Exercise Classes***

Mon	Tue	Wed	Thu	Fri	Sat
8:00am Bone Density 24Fit Jacob	10:00am Bone Density 24Fit Janhavi	10:00am Postnatal 24Fit Aleisha	10:00am Bone Density 24Fit Jacob	10:00am Bone Density 24Fit Janhavi	9:20am Courtney PINC & STEEL
10:00am Postnatal 24Fit Hayley	10:00am Pilates, Stretch & Balance Kalyra Megan			10:30am PINC Lauren	
1:30pm PINC Lauren	11:30am Seated Exercise Kalyra Megan			11:00am Postnatal 24Fit Aleisha	

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## ***Aldinga Equipment Classes***

Mon	Tue	Wed	Thu	Fri	Sat
9:15am Ashlee		9:00am Brea	6:10pm Mat Class Ashlee	9:00am Brea	9:00am Emma
10:00am Ashlee					