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| CLASSES | Time | Type | Instructor | Cost |
| Monday | 11.00am | Fitness Class | Maria | $190 |
|  | 12.00am | Fitness Class | Maria | $190 |
|  | 1.00pm | Fitness Class | Maria | $190 |
|  |  |  |  |  |
| Tuesday | 10.00am | Matwork Pilates | Case | $250 |
|  | 11.00am | Matwork Pilates | Case | $250 |
|  | 5.00pm | Matwork Pilates | Hilary | $250 |
|  | 6.15pm | Matwork Pilates | Liz | $250 |
|  |  |  |  |  |
| Wednesday | 10.00am | Baby Massage | Becky | $190 |
|  | 11.00am | Mums and Bubs Pilates | Maria | $190 |
|  | 12.00pm | Fitness Class | Maria | $190 |
|  | 1.00pm | Fitness Class | Maria | $190 |
|  |  |  |  |  |
| Thursday | 10.00am | Matwork Pilates | Case | $250 |
|  | 12.00pm | Fitness Class | Maria | $190 |
|  | 1.00pm | Fitness Class | Maria | $190 |
|  | 4.00pm | Next Steps | Becky | $190 |
|  | 5.00pm | Yoga | Amanda | $190 |
|  |  |  |  |  |
| Friday | 9.15am | Equipment Pilates | Case | $250 |
|  | 10.00am | Equipment Pilates | Case | $250 |
|  | 11.00am | Equipment Pilates | Case | $250 |
|  |  |  |  |  |
| Saturday | 8.30am | Matwork Pilates | Karishma | $250 |
|  | 9.30am | Matwork Pilates | Karishma | $250 |
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