



## SPECIAL CLASSES & WORKSHOPS TO CELEBRATE OUR BIRTHDAY

Monday 4th July	Tuesday 5th July	Wednesday 6th July	Thursday 7th July	Friday 8th July
10:30am - 11:25am STUDIO REFORMER & MAT BASIC LEVEL WITH FIONA	9:30am - 10:25am STUDIO PILATES PICK & MIX APPARATUS ALL LEVELS WITH MICHELLE	9:30am - 10:25am STUDIO PILATES MIXED APPARATUS CLASS BASIC LEVEL WITH SUSIE	9:30am - 10:25am STUDIO PILATES MIXED APPARATUS CLASS ESSEN- TIAL LEVEL WITH FIONA	<b>11TH BIRTHDAY SPECIAL!</b> <b>9:15am - 10:10am</b> <b>STUDIO</b> <b>PILATES PLAYGROUND</b> <b>OPEN GYM</b>
<b>11TH BIRTHDAY SPECIAL!</b> <b>1:30pm - 2:25pm</b> <b>STUDIO</b> <b>PILATES PLAYGROUND</b> <b>OPEN GYM</b>	<b>11TH BIRTHDAY SPECIAL!</b> <b>10:45 - 11:30</b> <b>STUDIO &amp; ONLINE</b> <b>GUIDED MEDITATION &amp;</b> <b>BREATHWORK WITH MICHELLE</b>	<b>11TH BIRTHDAY SPECIAL!</b> <b>11:30am - 12:25pm</b> <b>STUDIO</b> <b>PILATES PLAYGROUND</b> <b>OPEN GYM</b>	<b>11TH BIRTHDAY SPECIAL!</b> <b>6:15pm - 7:10pm</b> <b>STUDIO &amp; ONLINE</b> <b>GUIDED MEDITATION &amp; BREATHWORK</b> <b>WITH MICHELLE</b>	10:15am - 11:10am STUDIO MIXED APPARATUS ESSENTIAL LEVEL WITH MICHELLE
6:15pm - 7:10pm STUDIO MIXED APPARATUS ESSENTIAL WITH HEIDI	<b>11TH BIRTHDAY SPECIAL!</b> <b>12:30pm - 2:00pm</b> <b>STUDIO</b> <b>PIL-ART-ES - DYNAMIC ART</b> <b>WORKSHOP WITH ED</b>	7:00pm - 7:55pm BEGINNERS' COURSE (FULL)	7:15pm - 8:10pm STUDIO (SUMMER TIMETABLE) PICK N MIX APPARATUS CLASS ALL LEVELS WITH MICHELLE	11:15am - 12:10am STUDIO BARRELS ESSENTIAL LEVEL WITH CLAIR
7:15pm - 8:10pm STUDIO MIXED APPARATUS BASIC WITH HEIDI		8:00pm - 8:55pm STUDIO MIXED APPARATUS ESSENTIAL WITH FIONA		