



CLINICAL EXERCISE SESSIONS 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30 am - 8.30 am	Natalie	Kathryn/ Natalie	Jordan/ Kathryn		Letitia/ Jessie	Amy or Sarah/Jade
8.30 am - 9.30 am	Natalie/ Camellia	Kathryn/ Natalie	Jordan/ Kathryn	Jessie	Letitia/ Jessie	Amy or Sarah/Jade
9.30 am - 10.30 am	Camellia	Kathryn/ Natalie	Kathryn	Jessie	Letitia/ Jessie	Amy or Sarah/Jade
10.30 am - 11.30 am	Natalie/ Camellia	Kathryn	Kathryn	Jessie	Letitia/ Jessie	Amy or Sarah/Jade
11.30 am - 12.30 am		Kathryn				
3.30 pm - 4.30 pm				Camellia		
4.30 am - 5.30 pm	Sarah	Jordan		Camellia/ Letitia		
5.30 pm - 6.30 pm	Sarah	Jordan		Camellia/ Letitia		
6.30 pm - 7.30 pm	Camellia/ Sarah	Jordan		Letitia		

Cost \$46.00

MAT CLASSES 2020

Currently unavailable to due Covid-19 restrictions

Level 1, 41-47 Eton Street, Sutherland NSW 2233
 Phone: 02 9545 1933
 Fax: 02 9545 1119
 Email: sutherlandpilates@hna.com.au

