

## Studio Class Timetable

Discover Pilates® specialises in private Pilates classes and studio Pilates classes for up to 4 - 6 people.

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Monday</b>		9:30 AM 10:30 AM	5:00 PM 7:00 PM	6:00 PM	4:00 PM

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Tuesday</b>	5:00 PM 6:00 PM 7:00 PM 8:00 PM	2:00 PM 6:00 PM 7:00 PM			10:00 AM 1:00 PM

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Wednesday</b>	6:00 AM 9:00 AM 10:00 AM 11:00 AM		10:00 AM *4:00 PM 6:00 PM 7:00 PM	5:00 PM	

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Thursday</b>		9:30 AM 10:30 AM 2:00 PM 5:30 PM 7:00 PM			5:00 PM

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Friday</b>	4:00 PM 5:00 PM 7:00 PM			9:00 AM 10:00 AM 1:00 PM	*4:00 PM 6:00 PM

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Saturday</b>	7:30 AM 8:30 AM 9:30 AM 10:30 AM 11:30 AM		10:00 AM		

	Adele	Yonit	Maddie	Nicola	Isabel
<b>Sunday</b>		4:00 PM 6:00 PM		9:00 AM 10:00 AM	8:00 AM

\*Half price for school aged students

All Pilates bookings are essential and can be made via Ryde Natural Health Clinic's reception desk. To make a booking, call the clinic on **9878 5021** between 8am and 8pm Monday to Sunday (Clinic reception is closed on public holidays). For more information, visit [www.rnhc.com.au](http://www.rnhc.com.au)