



Cumberland Park Pilates Class Timetable

Class times	Mon	Tues	Wed	Thurs	Fri
9:00 am			Pilates Rachel		Pilates Rachel
9.30am		Pilates Rachel			
9.45 am					
10.15am					
12:00 pm		Pilates Rachel			
4:45 pm	Pilates Rachel				
5:30 pm	Pilates Rachel	Pilates Rachel	Pilates Rachel	Pilates Scott	
6:15 pm				Pilates Scott	

Class duration is 45minutes with a maximum of 5 people per class. Bookings are essential for all classes. If you cannot keep your appointment, notice is required 12 hours prior to your booked session or a cancellation fee will be charged.

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