

# pilates reformer timetable

## BALANCE

sunday 01 october 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 6.45am	Pilates Beginner	Pilates Intermediate	Pilates Beginner	Pilates Advance	Jump		
7 – 7.45am	Pilates Intermediate	Pilates Beginner	Pilates Advance	Pilates Beginner	Pilates Intermediate		
7.10 – 7.55am							Pilates Intermediate
8.15 – 9am	Pilates Beginner	Pilates Advance			Pilates Beginner	Pilates Advance	Pilates Beginner
9 – 9.15am		Pilates Foundation				Pilates Foundation	
9.15 – 10am	Pilates Advanced	Pilates Beginner	Pilates Intermediate	Pilates Intermediate	Pilates Beginner	Pilates Beginner	
10.15 – 11am						Pilates Intermediate	
12.10 – 12.50pm		Pilates Intermediate		Pilates Beginner			
4 – 4.45pm					Pilates Intermediate		
4.30 – 5.15pm	Pilates Intermediate	Jump	Advanced HIIT	Pilates Intermediate			
5.30 – 6.15pm	Pilates Beginner	Intermediate HIIT	Pilates Intermediate	Jump			
6.20 – 7.05pm	Pilates Advanced	Pilates Beginner	Pilates Beginner				

## The B.CO app is here

Book & cancel classes at your fingertips



Class bookings can be made via the Balance Collective App. All Balance members are eligible to access Balance New Lambton.

[balancecollective.com.au](https://balancecollective.com.au)

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\*All classes are subject to change. BAL0673\_1023