

# SOUTH WEST ROCKS – Pilates Timetable

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:30 am	Activate							7:15 am	Equipment
8:30 am	Equipment							8:15 am	Equipment
9:30 am	Equipment							9:15 am	Equipment
10:30 am	Activate							10:15 am	Activate
12:00 pm	Equipment								