

**PILATES TIMETABLE**  
**Mordialloc**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM</b>	<i>Jess</i>				<i>Jackie*</i>	<i>Tamika</i>
	8:00				7AM	7:00
	9:00				to	8:00
	10:00				2PM	9:00
						10:30
						11:30
<b>PM</b>			<i>Jackie*</i>			
			2PM			
			to			
			8PM			

*\*Jackie has availability for osteopathy and pilates between the times listed.  
please call 9598 5334 for further information*