

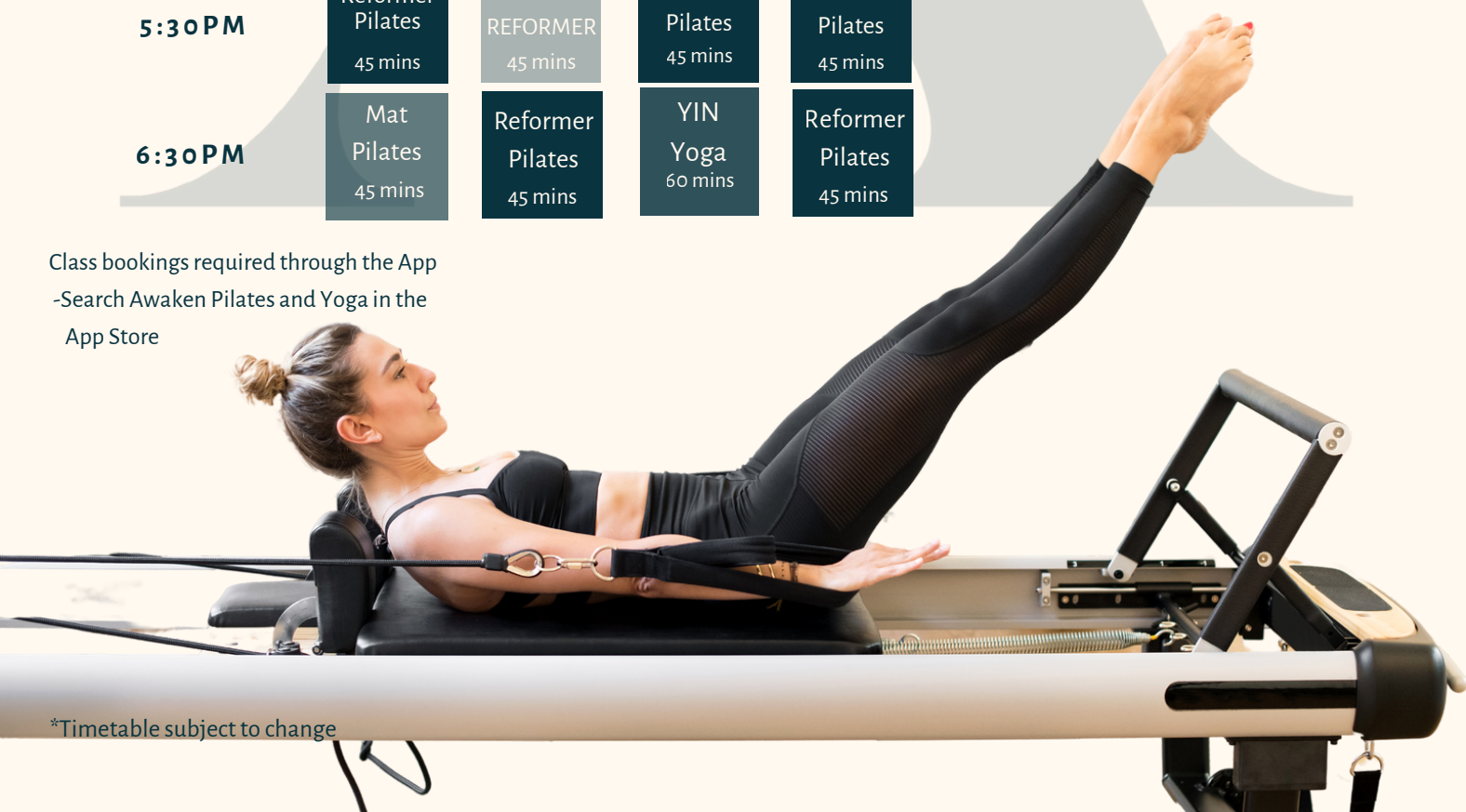
JOONDANNA TIMETABLE

	M	Tu	W	Th	F	S	Su
5:30AM	Reformer Pilates 45 mins		IGNITE REFORMER 45 mins				
6:00AM		Reformer Pilates 45 mins		Reformer Pilates 45 mins	Reformer Pilates 45 mins		
6:30AM	Reformer Pilates 45 mins		Reformer Pilates 45 mins				
7:00AM		Reformer Pilates 45 mins		Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	
8:00AM		Foundation 45 mins		Foundation 45 mins		Reformer Pilates 45 mins	YIN Yoga 60 mins
9:00AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins 9:15
10:00AM	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Mums n Bubs Reformer 45 mins		Reformer Pilates 45 mins		Reformer Pilates 45 mins 10:15

**NEW TIMETABLE
STARTS 31/08/26**

4:30 PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
5:30 PM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
6:30 PM	Mat Pilates 45 mins	Reformer Pilates 45 mins	YIN Yoga 60 mins	Reformer Pilates 45 mins

Class bookings required through the App
-Search Awaken Pilates and Yoga in the App Store



*Timetable subject to change