

MINDARIE TIMETABLE

	M	Tu	W	Th	F	S	Su
6:00AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins		
7:00AM	Foundations 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga YIN 50 mins
8:00AM	Reformer Pilates 45 mins		Reformer Pilates 45 mins		Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
9:00AM	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE REFORMER 45 mins	IGNITE REFORMER 45 mins	Reformer Pilates 45 mins
10:00AM	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Mums n Bubs Reformer 45 mins	Pre/Post Natal Reformer 45 mins	Mat Pilates 45 mins	Mat Pilates 45 mins	
11:00AM		Pre/Post Natal Reformer 45 mins					

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

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

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

*Timetable subject to change

