

Current Bend + Mend Pilates Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
7.30am	Mitchell	Kellie	Edel	Michelle	Edel	
8.15am	Mitchell	Kellie	Edel	Michelle	Kellie	
9.00am						
10.00am						
11.15am			Mitchell		Edel	
12.00pm	Michelle	Tori	Michelle	Kellie	Fiona	
12.45pm	Tori	Tori	Michelle	Kellie	Fiona	
1.30pm	Fiona	Mitchell	Tori	Mitchell	Michelle	
2.15pm	Fiona					
3.00pm						
4.15pm				Mitchell		
5.00pm	Tori	Edel				
5.45pm	Michelle	Edel	Mitchell	Mitchell		

Class Type	Description
Pilates	Physiotherapist-led, specialised equipment and mat exercises (reformer, trapeze, wunda-chair, barrel) tailored to each individual. Max 4 people.
Pregnancy Pilates	Physiotherapist-led, specialised equipment and mat exercises (reformer, trapeze, wunda-chair, barrel) tailored to all stages of pregnancy. Max 4 people.