

Estudio Nuevo Spanish and Pilates Timetable

Day	Time	Description	Instructor
Monday	9:30am - 10:30am	Open level - Yummy Mums Pilates	TJ
	5.00pm – 6.00pm	Teenagers' Spanish Open (Grade 3-4)	Lynn
	6:15pm - 7:15pm	Beginners Level Pilates	TJ
	6:15pm - 7:15pm	New Beginners Pilates– to be announced*	Lynn
Tuesday	9:15am - 10:15am	Open Level Pilates mat class	Lynn
	5:00pm - 6:00pm	Rehab/Elementary Pilates	Lynn
	6:15pm - 7:15pm	Intermediate/Advanced Pilates	Lynn
	7:30pm - 8:30pm	Open Level Pilates mat class	Lynn
Wednesday	9:30am -10:30am	Open Level Pilates mat class – to be announced	Lynn
	5.30pm – 6.30pm	New Beginners Spanish	Jann
	6.30pm – 7.30pm	Intermediate Open/Corazon Flamenco group	Jann
	7:45pm - 8:45pm	New Beginners Pilates – commencing July 2017	TJ
Thursday	9:30am - 10:30am	Open Level Pilates mat class	TJ
	5.30pm – 6.30 pm	Spanish Elementary Open (Grade 2-3)	Jann
	6.30pm – 7.30pm	Spanish Elementary Open (Grade 3-5)	Jann
	7:40pm - 8:40pm	Open Level Pilates mat class	TJ
Saturday	9.00am - 10.00am	Fit Class Pilates	TJ
	12:00pm - 1:00:pm	Stretch 'n 'tone Pilates*	Lynn
	12.00pm – 1.00pm	Spanish Grade 2 (Segundo Ano)	Mynka
	1.00pm – 2.00pm	Spanish Grade 1 (Primer Ano)	Mynka
	2.00pm – 3.00pm	Spanish Grade 4 (Cuarto Ano SDS)	Jann
	3.00pm – 4.00pm	Spanish Primer Curso de Estudiante	Jann
Sunday	9:30am - 10:30am	Fit Class Pilates - bookings essential	TJ

Estudio Nuevo Spanish and Pilates Timetable

Please Note:

*Classes will be held offsite at the Maylands Autumn Centre, just to the rear of the studio.

- There are no public classes on Fridays.
- Please write your name on the booking attendance sheets for each class you will be attending and or call to confirm attendance.
- Each Pilates class is for one (1) hour, and allows for a maximum class size of eight (8) persons.
- Each Pilates class must have at least three (3) persons booked for it to proceed; otherwise the class will be cancelled.
- Please notify us at least one day prior to the class if you cannot attend on: 0438913845(Lynn) or 0413706317 (TJ)
- All new Pilates students are advised to attend a New Beginner's Pilates course to learn the fundamental movements of Joseph Pilates' technique.
- Pilates classes can be booked using the Mind Body app available from the app store. Search for 'Pilates Maylands' or 'Estudio Nuevo' in the app.