


	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6am			STUDIO Izabela		STUDIO Izabela		STUDIO Sam					
7am	STUDIO Anita		STUDIO Izabela	STUDIO Amy	STUDIO Anita	STUDIO Elle	STUDIO Sam	STUDIO Izabela	STUDIO Amy			
8am	STUDIO Anita	STUDIO Elle	STUDIO Izabela	STUDIO Amy	STUDIO Anita	STUDIO Elle	STUDIO Sam	STUDIO Izabela	STUDIO Amy	STUDIO Izabela	STUDIO Amy/Anita	STUDIO Elle/Ben
9am	STUDIO Anita	STUDIO Elle	STUDIO Izabela	STUDIO Amy	STUDIO Anita	STUDIO Elle	STUDIO Susan	STUDIO Izabela	STUDIO Amy	STUDIO Izabela	STUDIO Amy/Anita	STUDIO Elle/Ben
10am	STUDIO Elle	STUDIO Susan	STUDIO Amy		STUDIO Elle		STUDIO Sam	STUDIO Izabela	STUDIO Susan		STUDIO Amy/Anita	
11am			STUDIO Amy				STUDIO Sam	STUDIO Izabela	11:30 MUMS+BUBS Elle			
12pm												
3pm							STUDIO Amy					
4pm	STUDIO Ben	STUDIO Caitlin			STUDIO Ben		STUDIO Amy					
5pm	STUDIO Ben	STUDIO Caitlin	MUM2BE Elle		STUDIO Ben	STUDIO Caitlin	STUDIO Amy					
6pm	STUDIO Ben	STUDIO Caitlin	MAT Elle		STUDIO Ben	STUDIO Caitlin	STUDIO Amy	MAT Elle				

THE STUDIO TIMETABLE

Initial consultations are required prior to commencing classes in The Studio.



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