


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

THE STUDIO TIMETABLE

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



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