

# Filates Class Schedule – Monday,15 April 2019- Sunday,21 April 2019

<u>Monday,15 April 2019</u>	<u>Tuesday,16 April 2019</u>	<u>Wednesday,17 April 2019</u>	<u>Thursday,18 April 2019</u>	<u>Friday,19 April 2019</u>	<u>Saturday,20 April 2019</u>	<u>Sunday,21, April 2019</u>
					<b>8:00am-9:00am</b> Filates- Tone and Burn with Ring Class	
					<b>9:15am-10:15am</b> Filates- Shoulder Tension Release and strengthening	<b>9:00am-10:00am</b> Filates- Core Blaster
					<b>10:30am-11.30am</b> Filates- Head, Neck and Shoulder Tension Release Class	<b>10:00am-11am</b> Filates- Shoulder Tension Release
<b>7:15pm-8:15pm</b> Filates- Classical Flow		<b>7.15pm-8.15pm</b> Filates- Tone and Burn with Ring Class	<b>7:30pm-08:30pm</b> Filates- Core Blaster			
<b>8:30pm-9:30pm</b> SHOULDER TENSION RELEASE & STRENGTHENING CLASS		<b>8:30pm-9:30pm</b> Filates -Stretch, Strengthen & Tone with Elastic Band				

Contact [Fiona@filatesbyfiona.com](mailto:Fiona@filatesbyfiona.com) to book your mat. No Walk Ins Available. Prior Registration require due to limited space! Thank you for your cooperation!

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# Filates Class Schedule – Monday,22 April 2019- Sunday,28 April 2019

<u>Monday,22</u> <u>April 2019</u>	<u>Tuesday,23</u> <u>April 2019</u>	<u>Wednesday,24</u> <u>April 2019</u>	<u>Thursday,25</u> <u>April 2019</u>	<u>Friday,26</u> <u>April 2019</u>	<u>Saturday,27</u> <u>April 2019</u>	<u>Sunday,28, April</u> <u>2019</u>
					<b>8:00am-9:00am</b> Filates- Gentle	
					<b>9:15am-10:15am</b> Filates- Back & Legs Stretch and Strengthening	<b>9:00am-10:00am</b> Filates- Tone and Burn with Ring Class
					<b>10:30am-11.30am</b> Filates- Classical Flow	<b>10:00am-11am</b> Filates- Shoulder Tension Release
<b>7:15pm-8:15pm</b> Public Holiday		<b>7.15pm-8.15pm</b> Filates- Back & Legs Stretch and Strengthening	<b>7:30pm-08:30pm</b> Filates- Gentle			
		<b>8:30pm-9:30pm</b> Filates- Tone and Burn with Ring Class				

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# Filates Class Schedule – Monday,29 April 2019- Sunday,05 May 2019

<u>Monday,29</u> <u>April 2019</u>	<u>Tuesday,30</u> <u>April 2019</u>	<u>Wednesday,01</u> <u>May 2019</u>	<u>Thursday,02</u> <u>May 2019</u>	<u>Friday,03</u> <u>May 2019</u>	<u>Saturday,04</u> <u>May 2019</u>	<u>Sunday,05,May</u> <u>2019</u>
					<b>8:00am-9:00am</b> Filates- Back & Legs Stretch and Strengthening	
					<b>9:15am-10:15am</b> Filates- Balance & Strengthening	<b>9:00am-10:00am</b> Filates- Head, Neck and Shoulder Tension Release Class
					<b>10:30am-11.30am</b> Filates- Shoulder Tension Release	<b>10:00am-11am</b> Filates -Stretch, Strengthen & Tone with Elastic Band
<b>7:15pm-8:15pm</b> Filates- Head, Neck and Shoulder Tension Release Class		<b>7.15pm-8.15pm</b> Public Holiday	<b>7:30pm-08:30pm</b> Filates- Shoulder Tension Release			
		<b>8:30pm-9:30pm</b> Public Holiday				

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# Filates Class Schedule – Monday,06 May 2019- Sunday,12 May 2019

<u>Monday,06</u> <u>May 2019</u>	<u>Tuesday,07</u> <u>May 2019</u>	<u>Wednesday,08</u> <u>May 2019</u>	<u>Thursday,09</u> <u>May 2019</u>	<u>Friday,10</u> <u>May 2019</u>	<u>Saturday,11</u> <u>May 2019</u>	<u>Sunday,12,May</u> <u>2019</u>
					<b>8:00am-9:00am</b> Filates- Balance & Strengthening	
					<b>9:15am-10:15am</b> Filates- Back & Legs Stretch and Strengthening	<b>9:00am-10:00am</b> Filates- Gentle
					<b>10:30am-11.30am</b> Filates- Shoulder Tension Release and strengthening	<b>10:00am-11am</b> Filates- Core Blaster
<b>7:15pm-8:15pm</b> Filates- Shoulder Tension Release and strengthening		<b>7.15pm-8.15pm</b> Filates- Shoulder Tension Release	<b>7:30pm-08:30pm</b> Filates- Gentle			
		<b>8:30pm-9:30pm</b> Filates- Gentle				

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# Filates Class Schedule – Monday,13 May 2019- Sunday,19 May 2019

<u>Monday,13</u> <u>May 2019</u>	<u>Tuesday,14</u> <u>May 2019</u>	<u>Wednesday,15</u> <u>May 2019</u>	<u>Thursday,16</u> <u>May 2019</u>	<u>Friday,17</u> <u>May 2019</u>	<u>Saturday,18</u> <u>May 2019</u>	<u>Sunday,19,May</u> <u>2019</u>
					<b>8:00am-9:00am</b> Filates- Core Blaster	
					<b>9:15am-10:15am</b> Filates- Back & Legs Stretch and Strengthening	<b>9:00am-10:00am</b> Filates- Shoulder Tension Release and strengthening
					<b>10:30am-11.30am</b> Filates- Balance & Strengthening	<b>10:00am-11am</b> Filates- Back
<b>7:15pm-8:15pm</b> Public Holiday		<b>7.15pm-8.15pm</b> Filates- Balance & Strengthening	<b>7:30pm-08:30pm</b> Filates- Back			
		<b>8:30pm-9:30pm</b> Filates- Shoulder Tension Release and strengthening				

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# Filates Class Schedule – Monday,20 May 2019- Sunday,26 May 2019

<u>Monday,20</u> <u>May 2019</u>	<u>Tuesday,21</u> <u>May 2019</u>	<u>Wednesday,22</u> <u>May 2019</u>	<u>Thursday,23</u> <u>May 2019</u>	<u>Friday,24</u> <u>May 2019</u>	<u>Saturday,25</u> <u>May 2019</u>	<u>Sunday,26,May</u> <u>2019</u>
					<b>8:00am-9:00am</b> Filates- Tone and Burn with Ring Class	
					<b>9:15am-10:15am</b> Filates -Stretch, Strengthen & Tone with Elastic Band	<b>9:00am-10:00am</b> Not Available
					<b>10:30am-11.30am</b> Filates -Back Tension Release	<b>10:00am-11am</b> Not Available
<b>7:15pm-8:15pm</b> Filates -Stretch, Strengthen & Tone with Elastic Band		<b>7.15pm-8.15pm</b> Filates- Head, Neck and Shoulder Tension Release Class	<b>7:30pm-08:30pm</b> Filates- Gentle			
		<b>8:30pm-9:30pm</b> Filates- Shoulder Tension Release				

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