

ANATOMICA TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
7am		Bryonie	Bryonie Open Pilates Class	Ashleigh Open Pilates Class	
8am	Ashleigh	Bryonie	Bryonie	Ashleigh Open Pilates Class	
9am	Ashleigh	Bryonie	Bryonie	Ashleigh	
			9:30am Mat class with Katia		
10am	Ashleigh	Bryonie Katia	Bryonie		
			Mat class with Katia		
11am	Ashleigh	Bryonie Katia	Bryonie	Ashleigh	
12pm	Bryonie	Bryonie Katia	Bryonie Katia	Bryonie	
1pm	Bryonie		Bryonie Katia	Bryonie Open Pilates Class	
2pm	Bryonie	Ashleigh Bryonie Katia	Bryonie Katia	Bryonie	
3pm	Bryonie	Ashleigh Open Pilates Class Bryonie Katia	Ashleigh Bryonie Katia	Bryonie	Ashleigh
4pm	Bryonie	Bryonie Katia Ashleigh	Ashleigh Bryonie Katia	Bryonie	Ashleigh
5pm	Bryonie	Ashleigh Katia	Ashleigh Bryonie Katia	Bryonie	Ashleigh
6pm	Bryonie	Ashleigh Katia	Ashleigh Bryonie Katia	Bryonie	Ashleigh
7pm	Bryonie	Katia Open Gyro Class Ashleigh Open Pilates Class	Ashleigh Bryonie Katia	Bryonie	Ashleigh
8pm		Ashleigh Katia	Yoga with Ryan		

- Where no class is denoted, only a therapist's name, this can be booked as a Pilates individual session or a request for a duet class.
- With Katia, individual sessions in either Gyrotonic or Pilates can be booked.