

TIME	MON	TUE	WED	THU	FRI	SAT
8 am		Clinical Pilates				Yoga
9 am						Strength Circuit
10 am		Clinical Pilates				
11 am		Clinical Pilates		Clinical Pilates		
12 pm				Clinical Pilates		
1 pm				Clinical Pilates		
2 pm					Clinical Pilates	
4 pm					Clinical Pilates	
5:30 pm	Clinical Pilates		Clinical Pilates			
6:30 pm	Clinical Pilates		Strength Circuit	Yoga		
7:30 pm	Mat Pilates					

www.lumemovement.com.au

1:1 private appointments available throughout the week *all sessions 50mins