

SMART Class Timetable 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM					Jen <i>Mat Pilates</i>	
8 AM	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i> Juanita <i>Yoga - Strength & Balance</i>	Jen <i>Equipment Pilates</i>	Issy <i>Equipment Pilates</i>
9 AM	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Issy <i>Equipment Pilates</i> Vidhi <i>Yoga - Calm & Grounded</i>
9:30 AM			Juanita <i>Yoga - Pause & Unwind</i>			
10 AM	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Anke <i>Equipment Pilates</i>	Anke <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Issy <i>Equipment Pilates</i>
10:30 AM		Juanita <i>Yoga - Move & Regulate</i>				
11 AM	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Jen <i>Equipment Pilates</i>	Issy <i>Equipment Pilates</i>
11:30 AM		Tan <i>SMART Bumps</i>	Kelsey <i>SMART Fit</i>		Kelsey <i>SMART Fit</i>	
12 PM				Tan <i>SMART Bumps</i>		
2 PM	Issy <i>Equipment Pilates</i>		Issy <i>Equipment Pilates</i>			
3 PM	Issy <i>Equipment Pilates</i>		Issy <i>Equipment Pilates</i>			
4 PM	Issy <i>Equipment Pilates</i> Vidhi <i>Yoga - Strength & Balance</i>		Issy <i>Equipment Pilates</i>			
5 PM	Issy <i>Equipment Pilates</i>					
6 PM		Vidhi <i>Yoga - Calm & Grounded</i>				



SCAN FOR ONLINE BOOKINGS

*Class times are subject to change

*Please phone (08) 8293 1100 or visit our website to book - new clients require an initial assessment prior to joining classes

*We appreciate 24 hours notice for cancellations