

SMART Class Timetable 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM					Jen Mat Pilates	
8 AM	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Issy Equipment Pilates
9 AM	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Issy Equipment Pilates
						Vidhi Calm & Grounded
10 AM	Jen Equipment Pilates	Jen Equipment Pilates	Anke Equipment Pilates	Anke Equipment Pilates	Jen Equipment Pilates	Issy Equipment Pilates
11 AM	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Jen Equipment Pilates	Issy Equipment Pilates
		Tan (11:30am) SMART Bumps	Kelsey SMART Fit		Kelsey SMART Fit	
12 PM				Tan SMART Bumps		
2 PM	Issy Equipment Pilates		Issy Equipment Pilates			
3 PM	Issy Equipment Pilates		Issy Equipment Pilates			
4 PM	Issy Equipment Pilates		Issy Equipment Pilates			
5 PM	Issy Equipment Pilates					
6 PM		Vidhi Calm & Grounded				

*Class times are subject to change

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

*We appreciate 24 hours notice for cancellations