

# SMART Class Timetable 2026

|          | Monday                                  | Tuesday                                   | Wednesday                                                                    | Thursday                                  | Friday                                                                       | Saturday                                                                           |
|----------|-----------------------------------------|-------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 7 AM     |                                         |                                           |                                                                              |                                           | <b>Jen</b><br><i>Mat Pilates</i>                                             |                                                                                    |
| 8 AM     | <b>Jen</b><br><i>Equipment Pilates</i>  | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Issy</b><br><i>Equipment Pilates</i>                                            |
| 9 AM     | <b>Jen</b><br><i>Equipment Pilates</i>  | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Issy</b><br><i>Equipment Pilates</i><br><b>Vidhi</b><br><i>Therapeutic Yoga</i> |
| 9:30 AM  |                                         | <b>Juanita</b><br><i>Therapeutic Yoga</i> | <b>Juanita</b><br><i>Therapeutic Yoga</i>                                    | <b>Juanita</b><br><i>Therapeutic Yoga</i> |                                                                              |                                                                                    |
| 10 AM    | <b>Jen</b><br><i>Equipment Pilates</i>  | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Jen</b><br><i>Equipment Pilates</i>                                       | <b>Issy</b><br><i>Equipment Pilates</i>                                            |
| 11 AM    | <b>Jen</b><br><i>Equipment Pilates</i>  | <b>Jen</b><br><i>Equipment Pilates</i>    | <b>Anke</b><br><i>Equipment Pilates</i><br><b>Kelsey</b><br><i>SMART Fit</i> | <b>Anke</b><br><i>Equipment Pilates</i>   | <b>Anke</b><br><i>Equipment Pilates</i><br><b>Kelsey</b><br><i>SMART Fit</i> | <b>Issy</b><br><i>Equipment Pilates</i>                                            |
| 11:15 AM |                                         | <b>Juanita</b><br><i>Frontline Yoga</i>   |                                                                              |                                           |                                                                              |                                                                                    |
| 11:30 AM |                                         | <b>Tan</b><br><i>SMART Bumps</i>          |                                                                              |                                           |                                                                              |                                                                                    |
| 12 PM    |                                         |                                           |                                                                              | <b>Tan</b><br><i>SMART Bumps</i>          |                                                                              |                                                                                    |
| 2 PM     | <b>Issy</b><br><i>Equipment Pilates</i> |                                           | <b>Issy</b><br><i>Equipment Pilates</i>                                      |                                           |                                                                              |                                                                                    |
| 3 PM     |                                         |                                           | <b>Issy</b><br><i>Equipment Pilates</i>                                      |                                           |                                                                              |                                                                                    |
| 4 PM     |                                         |                                           | <b>Issy</b><br><i>Equipment Pilates</i>                                      |                                           |                                                                              |                                                                                    |
| 5 PM     | <b>Issy</b><br><i>Equipment Pilates</i> |                                           |                                                                              |                                           |                                                                              |                                                                                    |



\*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

**SCAN FOR ONLINE BOOKINGS**