



New Direction Studio Schedule

Day	Time	Class/Course	Teacher
Monday	9.30am	Pilates Improvers	Marcia
	11.00am	Pilates Improvers	Marcia
	6.30pm	Pilates Beginners Course	Marcia
	7.30pm	Pilates Transition	Marcia
Tuesday	9.30am	Pilates Improvers	Marcia
	11.00am	Pilates Beginners Course	Marcia
	12.00pm	Pilates Transition	Sarah
	7.30pm	Pilates Improvers	Sarah
	8.30pm	Pilates Intermediates	Sarah
Wednesday	6.30pm	Pilates/Comtemporary Dance Fusion	Marchela
	7.30pm	Adult Ballet with Pop/Hip Hop Music	Marchela
Thursday	1.45pm	Pilates Improvers	Marcia
	6.15pm	Pilates Improvers	Marcia
	7.15pm	Pilates Advanced	Marcia
Friday	9.45am	Pilates Improvers	Marcia
	3.30pm	Ballet - Nursery Age	Sarah
	4.00pm	Ballet - Pre-school	Sarah
	4.30pm	Ballet - Primary School	Sarah
Saturday	9.00am	Pilates Intermediates	Vicky
	10.10am	Pilates Improvers	Vicky
	11.20am	Pilates Beginners Class	Vicky
	12.45pm	Ballet - Parent and Toddler	Sarah
	1.15pm	Ballet - Nursery Age	Sarah
	1.45pm	Ballet - Pre-school	Sarah
	2.15pm	Ballet - Primary School	Sarah
Sunday	9.30am	Pilates Improvers	Sarah