

Open Class Schedule - February 2010

Scheduled Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Scheduled Time
7:30-8:00am													
8:00-8:30am													8:00-8:30am
8:30-9:00am													8:30-9:00am
9:00-9:30am													9:00-9:30am
9:30-10:00am			Sarah Beginners						Dawn Beginners				9:30-10:00am
10:00-10:30am											Danny Intermediate		10:00-10:30am
10:30-11:00am	Ille Intermediate												10:30-11:00am
11:00-11:30am												Kirsten Beginners	11:00-11:30am
11:30-12:00pm													11:30-12:00pm
12:00-12:30pm	12.15pm Ille Beginners	Dawn Semi Private 12pm / 1pm	12.15pm Sarah *New Beginners		12.15pm Danny Intermediate								12:00-12:30pm
12:30-1:00pm													12:30-1:00pm
1:00-1:30pm	1.15pm Rabia Pre-Natal		1.15pm Dawn Intermediate		1.15pm Ille Beginners								1:00-1:30pm
1:30-2:00pm													1:30-2:00pm
2:00-2:30pm													2:00-2:30pm
2:30-3:00pm													2:30-3:00pm
3:00-3:30pm													3:00-3:30pm
3:30-4:00pm													3:30-4:00pm
4:00-4:30pm													4:00-4:30pm
4:30-5:00pm													4:30-5:00pm
5:00-5:30pm													5:00-5:30pm
5:30-6:00pm													5:30-6:00pm
6:00-6:30pm													6:00-6:30pm
6:30-7:00pm	Danny Beginners	Ille Semi Private 6pm / 7pm											6:30-7:00pm
7:00-7:30pm													7:00-7:30pm
7:30-8:00pm													7:30-8:00pm
8:00-8:30pm													8:00-8:30pm
Remarks:	* Fundamental classes (group or private) must be attended before joining Open classes.				* 12 hrs notice required for cancellations .				* 10 session packages valid for 4 months * 20 session packages valid for 6 months				



20 Malacca St, Malacca Centre #12-00

Bookings: 6235 3938

www.focuspilates.com.sg