

## Open Class Schedule - March 2010

em	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			<b>Sarah</b>					<b>Dawn</b>					9:30-10:00am	
10:00-10:30am			<b>Beginners</b>					<b>Beginners</b>				<b>Danny</b>	10:00-10:30am	
10:30-11:00am	<b>Ille</b>											<b>Intermediate</b>	10:30-11:00am	
11:00-11:30am	<b>Intermediate</b>											<b>Kirsten</b>	11:00-11:30am	
11:30-12:00pm												<b>Beginners</b>	11:30-12:00pm	
12:00-12:30pm	<b>12.15pm</b>	<b>Dawn</b>	<b>12.15pm</b>		<b>12.15pm</b>	<b>Sarah</b>			<b>12.15pm</b>				12:00-12:30pm	
12:30-1:00pm	<b>Ille</b>	<b>Semi</b>	<b>Sarah *New</b>		<b>Danny</b>	<b>Semi</b>			<b>Danny</b>				12:30-1:00pm	
1:00-1:30pm	<b>Beginners</b>	<b>Private</b>	<b>Beginners</b>		<b>Intermediate</b>	<b>Private</b>		<b>Sun</b>	<b>Intermediate</b>			<b>Dawn / Daniel</b>	1:00-1:30pm	
1:30-2:00pm	<b>1.15pm</b>	<b>12pm /</b>	<b>1.15pm</b>		<b>1.15pm</b>	<b>12pm /</b>						<b>Beginners</b>	1:30-2:00pm	
2:00-2:30pm	<b>Rabia</b>	<b>1pm</b>	<b>Dawn</b>		<b>Ille</b>	<b>1pm</b>		<b>Daniel</b>				<b>Beginners</b>	2:00-2:30pm	
2:30-3:00pm	<b>Pre-Natal</b>		<b>Intermediate</b>		<b>Beginners</b>			<b>Advanced</b>					2:30-3:00pm	
3:00-3:30pm												<b>Sarah</b>	3:00-3:30pm	
3:30-4:00pm												<b>Beginners</b>	3:30-4:00pm	
4:00-4:30pm												<b>Daniel</b>	4:00-4:30pm	
4:30-5:00pm													<b>Semi Private</b>	4:30-5:00pm
5:00-5:30pm													<b>3.30 / 4.30pm</b>	5:00-5:30pm
5:30-6:00pm														5:30-6:00pm
6:00-6:30pm		<b>Ille</b>											6:00-6:30pm	
6:30-7:00pm		<b>Semi</b>									<b>Danny</b>		6:30-7:00pm	
7:00-7:30pm	<b>Danny</b>	<b>Private</b>			<b>Daniel</b>			<b>Danny</b>			<b>Semi Private</b>		7:00-7:30pm	
7:30-8:00pm	<b>Beginners</b>	<b>6pm /</b>			<b>Beginners</b>	<b>Dawn</b>		<b>Beginners</b>			<b>6pm / 7pm</b>		7:30-8:00pm	
8:00-8:30pm		<b>7pm</b>			<b>Intermediate</b>	<b>Beginners</b>		<b>Daniel</b>					8:00-8:30pm	
								<b>Sports Conditioning/</b>						
								<b>Intermediate</b>						
<b>Remarks:</b>	* 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