

ARNHEM ALLIED HEALTH CENTRE GYM AND PILATES STUDIO AVAILABILITY TIME TABLE

Gym available times are marked green, any unavailable time due to group session or opening hours

	MON	TUES	WED	THURS	FRI	SAT
6-7am			Reformer Pilates		Reformer Pilates	
7-8am						
8-9am						Reformer Pilates
9-10am						Reformer Pilates
10-11am						
11am-12pm						
12-1pm		Mums & Bubs			Mums & Bubs	
1-2pm						
2-3pm						
3-4pm						
4-5pm						
5-6pm		Reformer Pilates		Reformer Pilates		
6-7pm		Reformer Pilates				