

	11th August - 16th August - Kayleigh Jayne							
	SAT/SUN	MON 11	TUE 12	WED 13	THURS 14	FRIDAY 15	SAT 16	SUN 17
8:15 - 9:00	Arrival	Express abs and glutes Pilates (30min) (Amphitheatre Yoga Deck)	Sculpt Pilates (Amphitheatre Yoga Deck)	Sculpt Pilates (Amphitheatre Yoga Deck)	Express abs and glutes Pilates (30min) (Amphitheatre Yoga Deck)	Sculpt Pilates (Amphitheatre Yoga deck)	Reset to Restore Pilates (Amphitheatre Yoga Deck)	Departure
9:30 - 10:00					-	Reset to Restore Pilates (Amphitheatre Yoga Deck)	Express abs and glutes Pilates (30min) (Amphitheatre Yoga Deck)	
18:30 - 19:15		Sculpt Pilates (Amphitheatre Yoga Deck)	Reset to Restore Pilates (Amphitheatre Yoga Deck)	Express abs and glutes Pilates (30min) (Amphitheatre Yoga Deck)	Reset to Restore Pilates (Amphitheatre Yoga Deck)			