

## Timetable

<b>The Physio Pilates Studio: Group, Allegro &amp; Mat Classes</b>						
<b>Start Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7am</b>	Studio Group Lucy		Allegro Cath (6:50am)	Allegro Simone	Studio Group Simone (6:30am)	
<b>7:30am</b>	Allegro Simone	Studio Group Simone			Allegro Simone	
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<b>8am</b>				Studio Group Simone	Studio Group Nicola	
<b>8:30am</b>		Allegro Simone	Mat Cath (8-20am)			
<b>9am</b>						Allegro Lucy
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<b>12:30pm</b>	Studio Group Lucy					
<b>1pm</b>			Advanced Mat Class	Allegro Lucy		
<b>5pm</b>	Studio Group Nicola					
<b>5:30pm</b>		Studio Group Richard		Studio Group Lucy		
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