



Class Timetable 2026

<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
6:30am		Reformer Pilates Macksville Clinic			
7:00 AM	Reformer Pilates Macksville Clinic		Athlete Strength and Conditioning Age 11 – 17		
7:30AM			Reformer Pilates Nambucca Clinic		Reformer Pilates Macksville Clinic
7:45AM				Pilates Reformer Nambucca Clinic	
8:30AM	Reformer Pilates Macksville Clinic				Reformer Pilates Macksville Clinic
8:45 AM			Reformer Pilates Nambucca Clinic		
9:00 AM		Rehab Class Macksville Clinic			
9:00 AM		Pilates core strengthening mat class – NCAC Hall		Pilates core strengthening mat class – NCAC Hall And Reformer Pilates Nambucca Clinic	
9:15AM			Rehab Class Macksville Clinic		
9:30 AM	Hydrotherapy Macksville Aquatic Centre		Hydrotherapy Macksville Aquatic Centre	Reformer Pilates Macksville Clinic	
10:00AM					Hydrotherapy Macksville Aquatic Centre
10:15AM				Reformer Pilates Nambucca Clinic	
10.30AM		Strength and Balance Macksville Clinic			



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10:45AM	Rehab Class Macksville Clinic				
11:15 AM		Reformer Pilates Macksville Clinic			Rehab Class Macksville Clinic
11:30 AM				Women's Health Class Macksville Clinic	
12:30P		Reformer Pilates Macksville Clinic			
2:00PM			Reformer Pilates Macksville Clinic		
3:45PM			Exercise class Ages 6 – 10 Macksville Clinic		
4:30PM	Strengthening fitness Class Macksville Clinic	Pilates core strengthening mat class - Macksville Clinic			
5:30PM	Reformer Pilates Macksville Clinic			Reformer Pilates Macksville Clinic	