

Nurture Fitness Timetable TERM 2 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reformer Pilates	12:00pm (Janelle)	5.45-6.30pm (Ellen) 6.40-7.25pm (Ellen) 7:35-8.20pm (Ellen)	6:15am (Ellen) 9.30am (Janelle)	4:30pm (Ellen) 5:35pm (Ellen) 7:30pm (Ellen)	12:00pm (Janelle)
Mat Pilates (with Janelle)	9.15am Core Express 1:00pm Core Express 5:35pm Core Express 7.30pm Core Connect		Core Express 1:00pm (Waimate Events Centre)	1pm: Core Express 6 35pm Core express (Ellen)	
Strength	2pm* (Janelle)	1:00pm* (Janelle)			1:00pm* (Janelle)
Pre + Post Natal / Mums & Bubs (with Janelle)	10.45am Mums REFORMER 30 min class 6.30pm Pregnancy Pilates *	10.45am Mums & Bubs Pilates (Mat)		9.30am Core Foundations (6-Week Program) 10.45am Mum FIT	