

CLASS TIMETABLE - TERM 1 2023

30TH JANUARY- 14TH APRIL



Advance Physiotherapy

FULL SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

9:10AM

Equipment Pilates

9:00AM

Supervised Rehab

9:00AM

Supervised Rehab

9:00AM

Equipment Pilates

10:00AM

Mums + Bubs

10:00AM

Mums + Bubs

5:20PM

Supervised Rehab

5:20PM

Advanced
Equipment Pilates

5:50PM

Equipment Pilates

GROUP CLASSES

Follow our group class choreography run by our physiotherapist

INDIVIDUAL PROGRAMS

Follow your own program, supervised by our physiotherapist

SPOTS ARE LIMITED!

Contact the clinic to discuss & secure your spot today!

(08) 8885 7809

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