

# CLASS TIMETABLE - TERM 3 2022

25TH JULY - 30TH SEPTEMBER



Advance Physiotherapy

## FULL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>9:10AM</b> Equipment Pilates <i>Ann-Louise Scheepers</i>	<b>9:00AM</b> Supervised Rehab <i>Brayden Barry</i>	<b>9:00AM</b> Supervised Rehab <i>Brayden Barry</i>	<b>9:00AM</b> Cardio Equipment Pilates <i>Ellie Ottens</i>
<b>10:00AM</b> Mums + Bubs <i>Ann-Louise Scheepers</i>		<b>10:00AM</b> Mums + Bubs <i>Ann-Louise Scheepers</i>	
<b>5:20PM</b> Supervised Rehab <i>Amy Mark</i>	<b>5:20PM</b> Advanced Cardio Equipment Pilates <i>Taylah or Ann-Louise</i>	<b>5:20PM</b> Equipment Pilates <i>Amy Mark</i>	
	<b>6:10PM</b> Supervised Rehab <i>Amy Mark</i>		

**SPOTS ARE LIMITED!**  
Contact the clinic to  
discuss & secure  
your spot today!

### GROUP CLASSES

Follow our group class choreography  
run by our physiotherapist

### INDIVIDUAL PROGRAMS

Follow your own program, supervised  
by our physiotherapist