TERM 3 TIMETABLE
24TH JULY - 29TH SEPTEMBER

ADVANCE PHYSIOTHERAPY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:10AM Individual Pilates *FULL*	**9:00AM** Supervised Rehab	**9:00AM** Supervised Rehab	**9:00AM** Intermediate Pilates *FULL*	
10:00AM Mums & Bubs	**9:50AM** Strength & Balance	**10:00AM** Mums & Bubs	**9:50AM** Beginners Pilates	
12:00PM Stretch Express		**12:00PM** Express Pilates		**12:00PM** Stretch Express
	2:00PM Beginners Pilates	**4:20PM** Kids Pilates		
5:20PM Supervised Rehab	**5:20PM** Advanced Equipment Pilates	**5:20PM** Intermediate Pilates *FULL*	**5:20PM** Sports Performance	

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