

CORRECT

Physio Essentials Pilates Group Programs

TERM 1 2018

(PLEASE NOTE, THE BELOW IS SUBJECT TO CHANGE AT ANY TIME WITHOUT NOTIFICATION. FOR OUR CURRENT AVAILABILITIES, PLEASE CONTACT (02) 9602 4721.

MORNING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						CLINICAL Pilates (VIVIAN+VAN)
	8:00AM						
	8:30AM	CLINICAL Pilates (VIVIAN+ Emma)		CLINICAL Pilates (VIVIAN+ Emma)		CLINICAL Pilates (VAN)	CLINICAL Pilates (VAN)
	9:00AM						
	9:30AM	REHAB Pilates (Vivian)	CLINICAL Pilates (VIVIAN+ Emma)	CLINICAL Pilates (VIVIAN+ Emma)	CLINICAL Pilates (VIVIAN)	REHAB Pilates (VAN)	CLINICAL Pilates (VAN)
	10:00AM						
	10:30AM				REHAB Pilates (VIVIAN)		
	11:00AM						
	11:30AM	CLINICAL Pilates (VAN)					
12:00PM							

STUDIO IS CLOSED BETWEEN 12:00PM & 3:00PM

AFTERNOON		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						CLOSED
	3:30PM						
	4:00PM			YOUTH EQUIPMENT Pilates (VAN/SAM)		CLINICAL Pilates (KEVIN + EMMA)	
	4:30PM	YOUTH EQUIPMENT Pilates (VAN/SAM)			REHAB Pilates (GEMMA)		
	5:00PM		REHAB Pilates (VIVIAN)	REHAB Pilates (Vivian)			
	5:30PM	CLINICAL Pilates (VAN + SAM)			CLINICAL Pilates (VIVIAN + SAM)		
	6:00PM			CLINICAL Pilates (VAN)			
	6:30PM	CLINICAL Pilates (VAN+ SAM)	6:15pm CLINICAL Pilates (VIVIAN + SAM)				
	7:00PM			CLINICAL Pilates (VAN)	CLINICAL Pilates (VIVIAN + SAM)		
7:30PM							

REHAB = \$30 CASUAL (OR \$27/CLASS PAY PER TERM) | CLINICAL = \$27 CASUAL (OR \$24/CLASS PAY PER TERM) | EQUIPMENT = \$22 CASUAL (OR \$20/CLASS PAY PER TERM)

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EQUIPMENT PILATES SESSIONS

MORNING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						
	8:00AM						
	8:30AM					EQUIPMENT Pilates (EMMA)	
	9:00AM						
	9:30AM						
	10:00AM						
	10:30AM						
	11:00AM						
	11:30AM						
12:00PM							

STUDIO IS CLOSED BETWEEN 12:00PM & 3:00PM

AFTERNOON		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						CLOSED
	3:30PM						
	4:00PM						
	4:30PM						
	5:00PM						
	5:30PM		EQUIPMENT Pilates (SAM)	EQUIPMENT Pilates (EMMA)			
	6:00PM						
	6:30PM			EQUIPMENT Pilates (SAM)	EQUIPMENT Pilates (SAM)		
	7:00PM						
7:30PM							

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EQUIPMENT = \$22 CASUAL (OR \$20/CLASS PAY PER TERM)**