

CORRECT

Physio Essentials Pilates Group Programs

TERM 3 2017

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

MORNING SESSIONS

STUDIO #1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						CLINICAL Pilates (VIVIAN+SAM)
	8:00AM						
	8:30AM	CLINICAL Pilates (GEMMA+EMMA)		CLINICAL Pilates (GEMMA)		CLINICAL Pilates (GEMMA + SAM)	CLINICAL Pilates (VIVIAN+SAM)
	9:00AM						
	9:30AM	REHAB Pilates (VIVIAN)	CLINICAL Pilates (GEMMA+EMMA)	CLINICAL Pilates (GEMMA + SAM)	CLINICAL Pilates (VIVIAN+EMMA)	REHAB Pilates (GEMMA)	CLINICAL Pilates (VIVIAN+SAM)
	10:00AM						
	10:30AM						
	11:00AM						
	11:30AM	CLINICAL Pilates (KEVIN)					
12:00PM							

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

STUDIO #2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						
	8:00AM						
	8:30AM			EQUIPMENT Pilates (SAM)			
	9:00AM						
	9:30AM						
	10:00AM						
	10:30AM						
	11:00AM						
	11:30AM	REHAB Pilates (GEMMA)					
12:00PM							

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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AFTERNOON SESSIONS

STUDIO #1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						<i>CLOSED</i>
	3:30PM						
	4:00PM						
	4:30PM				REHAB Pilates (GEMMA)		
	5:00PM						
	5:30PM						
	6:00PM			EQUIPMENT Pilates (SAM)			
	6:30PM						
	7:00PM						
7:30PM							

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

STUDIO #2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						<i>CLOSED</i>
	3:30PM						
	4:00PM			YOUTH EQUIPMENT Pilates (SAM)		CLINICAL Pilates (KEVIN + SAM)	
	4:30PM	YOUTH EQUIPMENT Pilates (EMMA)					
	5:00PM		REHAB Pilates (VIVIAN)		CLINICAL Pilates (VIVIAN + SAM/EM)		
	5:30PM	CLINICAL Pilates (KEVIN + EMMA)					
	6:00PM			CLINICAL Pilates (KWL + SAM)	REHAB Pilates (VIVIAN)		
	6:30PM	CLINICAL Pilates (KEVIN)	6:15pm CLINICAL Pilates (KEVIN + EMMA)				
	7:00PM			CLINICAL Pilates (KWL + SAM)	CLINICAL Pilates (GEMMA + EMMA)		
7:30PM							

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