

# Physio Essentials Pilates Class Schedule

TERM 4 2019

Monday 14th October 2019 to Friday 20th December 2019

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>	7:00AM						7:00AM PILATES CLASS (SAM)
	7:30AM						8:00AM PILATES CLASS (SAM)
	8:00AM						9:00AM PILATES CLASS (SAM)
	8:30AM	8:30AM PILATES CLASS (SAM)		8:30AM PILATES CLASS (SAM)		8:30AM PILATES CLASS (SAM)	9:30AM PILATES CLASS (SAM)
	9:00AM						
	9:30AM	9:30AM PILATES CLASS (SAM)	9:30AM: PILATES CLASS (KEVIN)	9:30AM PILATES CLASS (SAM)	9:30AM: PILATES CLASS (SAM)	9:30AM PILATES CLASS (SAM)	
	10:00AM						
	10:30AM						
	11:00AM						
	11:30AM	11:30AM: PILATES CLASS (SAM & VAN)					
	12:00PM						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AFTERNOON</b>	4:00PM						
	4:30PM						
	5:00PM						
	5:30PM	5:30PM: PILATES CLASS (SAM & VAN)	5:30PM: PILATES CLASS (KEVIN)		5:30PM: PILATES CLASS (SAM)		
	6:00PM			6:00PM: PILATES CLASS (VAN/KEVIN)			
	6:30PM	6:30PM: PILATES CLASS (SAM)					
	7:00PM			7:00PM: PILATES CLASS (VAN/KEVIN)	7:00PM: PILATES CLASS (SAM)		
	7:30PM						

PILATES CLASSES ARE NON HEALTH FUND REBATEABLE | INITIAL ASSESSMENT MANDATORY | max 7 clients per class | \$30 CASUAL