



THE PHYSIO CLINIC PROSPECT PILATES TIMETABLE 2016

Accurate as of 24/10/16



Please note: all classes run for 45 minutes

*Classes run by an instructor have a different fee structure

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--|---|---|---|---|--------------------------------|
| 8.30am | | Unsupervised Membership Access 8.30am-10.00am | Unsupervised Membership Access 8.30am-10.00am | | Unsupervised Membership Access 8.30am-10.00am | |
| 9.00am | Pilates Leah | | | Pilates Michael | | Pilates Leah or Michael |
| 10.00am | Pilates Leah | Pilates | Pilates Henry | Pilates Michael | Pilates Matt C | Pilates Leah or Michael |
| 11.00am | Pregnancy Pilates Leah | | | Pregnancy Pilates Leah | | Unsupervised Membership Access |
| 12:00pm | Unsupervised Membership Access 12:00pm-2pm | Unsupervised Membership Access 11:00am-1.30pm | Unsupervised Membership Access 11:00am-1.30pm | Unsupervised Membership Access 12:00pm-1.30pm | Unsupervised Membership Access 11:00pm-5:00pm | |
| 1.00pm | | | | | | |
| 1.30pm | | Pilates Leah | Pilates Henry | Pilates Leah | | |
| 2.00pm | *Pilates Karin - Instructor | | | | | |
| 3.00pm | Unsupervised Membership Access 3:00pm-5:00pm | Unsupervised Membership Access 2:30pm-5:00pm | Unsupervised Membership Access 2:30pm-5:00pm | Unsupervised Membership Access 2:30pm-5:00pm | | |
| 4.00pm | | | | | | |
| 5.00pm | Pilates Henry | Pilates Leah | Pilates Henry | *Pilates Karin - Instructor | Pilates Michael | |
| 6.00pm | Pilates Henry | Mat Pilates Leah | Pilates Henry | *Mat Pilates Karin - Instructor | | |
| 7.00pm | | Pilates Leah | Pilates Henry | *Pilates Karin - Instructor | | |



THE PHYSIO CLINIC
FINDON
PILATES TIMETABLE 2016

Accurate as of 01/11/16

Please note:
Pilates classes run for 45 minutes
Hydrotherapy classes run for 30 minutes



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------|--|---------------------------------------|--|---------------------------------------|----------|
| 8.00am | | | | | Hydrotherapy <i>Michael Wilson</i> | |
| 9.00am | | Pilates <i>Henry Schilling</i> | | | Pilates <i>Michael Wilson</i> | |
| 10-11am | | | | | | |
| 12:00pm | | Hydrotherapy <i>Henry Schilling</i> | *Pilates <i>Karin - Instructor</i> | Hydrotherapy <i>Henry Schilling</i> | | |
| 12.30pm | | Hydrotherapy <i>Henry Schilling</i> | | | | |
| 1.30-4pm | | | | | | |
| 4.00pm | | *Pilates <i>Karin - Instructor</i> | | | | |
| 5.00pm | | *Pilates <i>Karin - Instructor</i> | | | | |
| 6.00pm | | *Pilates <i>Karin - Instructor</i> | | | | |

***Classes run by an instructor have a different fee structure**



the
physio
clinic

'for all things physio'

THE PHYSIO CLINIC BURNSIDE PILATES TIMETABLE 2016

Accurate as of 01/11/16



Please note:
Pilates classes run for 45 minutes
Hydrotherapy classes run for 30 minutes

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------------------------|--|--|--|--|-----------------|
| 9.00am | Gym unavailable | Unsupervised Membership Access 9-1pm | Unsupervised Membership Access | Unsupervised Membership Access 9-5pm | Unsupervised Membership Access | Gym unavailable |
| 10.00am | | | Pilates <i>Matt N</i> | | Pilates <i>Matt N</i> | |
| 11.00am | Pilates <i>Matt N</i> | | Gym unavailable | | Unsupervised Membership Access 11:00pm-12:00pm | |
| 11.30am | Gym unavailable | | Hydrotherapy <i>Matt N</i> | | | |
| 12:00pm | | | Hydrotherapy <i>Matt N</i> | | | |
| 1.00pm | | | Pilates <i>Matt Curnow</i> | | | |
| 2.00pm | | | Unsupervised Membership Access 2-5pm | | Gym unavailable | |
| 3.00pm | | | | | Gym unavailable | |
| 4.00pm | | | | | | |

