



# THE PHYSIO CLINIC PROSPECT PILATES TIMETABLE 2017

*Accurate as of 30/08/17*



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-5pm	Unsupervised Membership Access 8.30am-10.00am		Unsupervised Membership Access 8.30am-10.00am		
9.00am	Pilates at 9am <i>Shannon</i>		Pilates at 9am <i>Michael</i>		Pilates at 9am <i>Sarah &amp; Michael</i>		
10.00am	Pilates at 10am <i>Shannon</i>		Pilates at 10am <i>Matt</i>	Pilates at 10am <i>Michael</i>	Pilates at 10am <i>Shannon</i>	Pilates at 10am <i>Sarah &amp; Michael</i>	
11.00am	Pilates at 11 <i>Michael</i>			Pilates at 11am <i>Sarah</i>		Unsupervised Membership Access	
12:00pm	Unsupervised Membership Access 12:00pm-2pm			Unsupervised Membership Access 12:00pm-1.30pm	Unsupervised Membership Access 11:00pm-5:00pm		
1.00pm							
1.30pm			Pilates at 1.30pm <i>Shannon</i>				
2.00pm	Pilates at 2pm <i>Shannon</i>						
3.00pm	Unsupervised Membership Access			Unsupervised Membership Access 2:30pm-5:00pm			
4.00pm	Pilates at 4pm <i>Michael</i>						
5.00pm	Pilates at 5pm <i>Sarah</i>		Pilates at 5pm <i>Shannon</i>	Pilates at 5pm <i>Henry</i>	Pilates at 5pm <i>Matt</i>		Pilates at 5pm <i>Sarah</i>
6.00pm	Pilates at 6pm <i>Henry</i>		Pilates 6pm <i>Shannon</i>				



**THE PHYSIO CLINIC**  
**FINDON**  
**PILATES TIMETABLE 2017**

*Accurate as of 30/08/17*

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10-11am						
12:00pm			Pilates at 12pm <i>Henry</i>			
12.30pm						
1.30-4pm						
4.00pm		Pilates at 4pm <i>Henry</i>				
5.00pm						
6.00pm						



**THE PHYSIO CLINIC**  
**BURNSIDE**  
**PILATES TIMETABLE 2017**

*Accurate as of 30/08/17*



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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10.00am			Pilates at 10am <i>Micahel</i>		Pilates at 10am <i>Michael</i>	
11.00am						
11.30am						
12:00pm		Pilates at 12pm <i>Matt</i>				
1.00pm						
2.00pm						
3.00pm						
4.00pm						



**THE PHYSIO CLINIC**  
**Belair**  
**PILATES TIMETABLE 2017**  
*Accurate as of 30/08/17*



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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2.00pm						
3.00pm						
4.00pm						
5.00pm				Pilates <i>Ben</i>		