



THE PHYSIO CLINIC PROSPECT PILATES TIMETABLE 2018

Accurate as of 01/07/18

Please note: all pilates classes run for 45 minutes

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>Sarah</i>		Pilates at 9am <i>Sarah/Matt Inglis</i>		
10.00am	Pilates at 10am <i>Shannon</i>		Pilates at 10am <i>Matt Curnow</i>	Pilates at 10am <i>Sarah</i>	Pilates at 10am <i>Shannon</i>	Pilates at 10am <i>Sarah/Matt Inglis</i>	
11.00am	Pilates at 11am <i>Matt Inglis</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			Unsupervised Membership Access 11:00am-5pm	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							
5.00pm	Pilates at 5pm <i>Sarah</i>	Pilates at 5pm <i>Shannon</i>	Pilates at 5pm <i>Sarah</i>	Pilates at 5pm <i>Shannon</i>			Pilates at 5pm <i>Sarah</i>
6.00pm	Pilates at 6pm <i>Matt Inglis</i>	Pilates 6pm <i>Shannon</i>					



THE PHYSIO CLINIC
FINDON
PILATES TIMETABLE 2018

Accurate as of 01/07/18

Please note:
Pilates classes run for 45 minutes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am		Pilates at 9:30am <i>Matt</i>				
10-11am						
12:00pm		Pilates at 12pm <i>Shannon</i>				
12.30pm						
2:00pm						
3:30pm		Pilates at 3:30pm <i>Shannon</i>				
5.00pm						
6.00pm						



THE PHYSIO CLINIC
BLACKWOOD
PILATES TIMETABLE 2018

Accurate as of 21/05/2018

Please note:
Pilates classes run for 45 minutes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am				Pilates at 8am - Nat		Pilates at 8am - Nat/Erin
9.00am		Pilates at 9am - Erin	Pilates at 9am - Nat	Pilates at 9am - Nat	Pilates at 9am - Erin	Pilates at 9am - Nat/Erin
10.00am	Pilates at 10am Nat	Pilates at 10am - Erin	Mums & Bubs Pilates at 10am - Nat	Pilates at 10am - Nat	Pilates at 10am - Erin	Pilates at 9:45am - Nat/Erin
11.00am				Pilates at 11am - Lauren		
12:00pm						
2.00pm						
5.15pm	Pilates at 5.15pm - Erin					
6.15 pm	Pilates at 6:15pm - Nat	Pilates at 6:15pm - Erin	Pilates at 6:15pm - Lauren	Pilates at 6:15pm - Erin		
7:00 pm		Pilates at 7pm - Lauren	Pilates at 7pm - Lauren			



**THE PHYSIO CLINIC
BURNSIDE
PILATES TIMETABLE 2018**

Accurate as of 01/07/18

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10.00am			Pilates at 10 am <i>Ben</i>		Pilates at 10 am <i>Lauren</i>	
10:30am	Pilates at 10:30am <i>Sarah</i>					
11.00am						
12:00pm		Pilates at 12pm <i>Lauren</i>			Pilates at 12 pm <i>Lauren</i>	
1.00pm						
2.00pm				Pilates at 2pm <i>Sarah</i>		
3.00pm						
5.00 pm						