

GROUP EXERCISE TIMETABLE v18.3.19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM					Physio Reformer
6:45AM	Physio Functional Training	Physio Functional Training	Physio Functional Training	Physio Functional Training	Physio Functional Training
7:00AM		Physio Reformer			
7:30AM					Physio Functional Training
7:40AM			Physio Reformer		
12:00PM	Physio Reformer	Physio Reformer (Advanced)	Physio Reformer		Physio Reformer (Advanced)
12:10PM			Physio Functional Training	Physio Reformer	
12:30PM	Physio Functional Training			Physio Mat (Advanced)	Physio Functional Training
12:45PM	Physio Reformer	Physio Reformer			Physio Reformer
12:50PM		Physio Exercise Mat	PILATES Cardio Jump Reformer*		
1:00PM				Physio Reformer	
4:30PM		Physio Functional Training			
5:15PM		Physio Exercise Mat			
5:20PM	Physio Functional Training		Physio Functional Training	Physio Reformer	
5:30PM	Physio Reformer	Physio Reformer	Physio Reformer	Physio Functional Training	