

# GROUP EXERCISE CLASS TIMETABLE 6/9/18



## REFORMER PILATES | FUNCTIONAL TRAINING | MAT PILATES

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	7:00am <b>Functional Training</b> Christian (Physio)	7:00am (NEW!) <b>Advanced Reformer</b> Eden (Pilates Instructor)*	7:00am <b>Functional Training</b> Christian (Physio)		6:45am (move) <b>Functional Training</b> Christian (Physio)
			7:40am <b>Reformer</b> Louise (Physio)		7:00am (coming soon) <b>Advanced Reformer</b> Eden (Pilates Instructor)*
					7:30am (NEW!) <b>Functional Training</b> Christian (Physio)
Lunchtime	12:00pm <b>Reformer</b> Le (Physio)	12:00pm <b>Advanced Reformer</b> Le (Physio)	12:10pm <b>Functional Training</b> Christian (Physio)	11:30 am (NEW!) <b>Physio Yoga</b> Cat (Physio)	11:45am (NEW!) <b>Reformer</b> Louise (Physio)
	12:30pm <b>Functional Training</b> Christian (Physio)	1:00pm (move) <b>Mat Pilates – Advanced</b> Cat (Physio)	12:00pm (coming soon) <b>Advanced Reformer</b> Le (Physio)	12:30pm <b>Mat Pilates – Advanced</b> Louise (Physio)	12:30pm <b>Functional Training</b> Christian (Physio)
	12:45pm (coming soon) <b>Advanced Reformer</b> Le (Physio)		12:50pm <b>Reformer</b> Le (Physio)	1:00pm <b>Reformer</b> Le (Physio)	12:30pm <b>Advanced Reformer</b> Louise (Physio)
Evening		4:30pm <b>Functional Training</b> Christian (Physio)			
	5:20pm <b>Functional Training</b> Matt (Physio)		5:20pm <b>Functional Training</b> Matt (Physio)		
	5:20pm <b>Reformer</b> Anthony (Physio)	5:15pm <b>Mat Pilates</b> Louise (Physio)	5:20pm <b>Advanced Reformer</b> Le (Physio)	5:20pm <b>Reformer</b> Anthony (Physio)	

\* Class not run by a Physiotherapist – no health fund receipt issued