

GET MOVING EXERCISE PHYSIOLOGY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM	CLINICAL PILATES CHANTAL	CLINICAL PILATES CHANTAL		CLINICAL PILATES CHANTAL	CLINICAL PILATES CHANTAL	
6 AM	CLINICAL PILATES BEC	CLINICAL PILATES CHANTAL		CLINICAL PILATES CHANTAL		CLINICAL PILATES CHANTAL
7 AM	CLINICAL PILATES BEC	CLINICAL PILATES CHANTAL		CLINICAL PILATES CHANTAL	CLINICAL PILATES CHANTAL	CLINICAL PILATES CHANTAL
8 AM	CLINICAL PILATES BEC	CLINICAL PILATES CHANTAL				CLINICAL PILATES CHANTAL
9AM	CLINICAL PILATES BEC			CLINICAL PILATES BEC	CLINICAL PILATES BEC	CLINICAL PILATES CHANTAL
10 AM					CLINICAL PILATES BEC	CLINICAL PILATES CHANTAL
11 AM	CLINICAL PILATES BEC	CLINICAL PILATES BEC		CLINICAL PILATES BEC	CLINICAL PILATES BEC	
3 PM			CLINICAL PILATES BEC			
4 PM	CLINICAL PILATES BEC		CLINICAL PILATES BEC	CLINICAL PILATES BEC	CLINICAL PILATES BEC	
5 PM	CLINICAL PILATES BEC		CLINICAL PILATES BEC			

All Pilates based classes require an initial assessment for \$90 prior to entering the classes. * Timetable subject to change at any time.

CIRCUIT/FALLS CLASS - \$20 individual class

CLINICAL PILATES - \$30 individual class and \$200 for 10 pack (valid for 3 months from purchase date)

CONTACT US TO BOOK AN INITIAL ASSESSMENT ON 0411050506