



CLINICAL PILATES TIMETABLE

Monday			10am ANDREW	6pm ADDIE
Tuesday	7am JOSH	9am JOSH	10am ADDIE	5:30pm ADDIE
Wednesday			10am JOSH	6pm ANDREW
Thursday	7am ADDIE	9:30am ADDIE		5:45pm JOSH
Friday			10am ADDIE	
Saturday	7:30am ANDREW			

\$35 per class (health fund rebates apply)

Maximum of 5 people per class

Instructed by a qualified physiotherapist

Specific / Individual program

Bookings essential