




## PHYSIO REHAB AND CLINICAL PILATES GROUP CLASSES TIMETABLE 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING SESSIONS		8:00 – 9:00  Strong Shoulder + Upper Back Class (John)	8:00 – 9:00  Strong Shoulder + Upper Back Class (Ryan)	7:00 – 8:00  Strong Shoulder + Upper Back Class (Wade)	7:00 – 8:00  Strong Back + Hip + Core Class (Ryan)  8:00 – 9:00 Posture & Spine Stability Class (Lara)	
NOON SESSIONS	12:00 – 13:00  Strong Shoulder + Upper Back Class (Ryan)	12:30 – 13:30  Strong Shoulder + Upper Back Class (John)	13:00 – 14:00  Strong Back + Hip + Core Class (Wade)	12:00 – 13:00  Strong Back + Hip + Core Class (John)		
AFTERNOON SESSIONS	17:00 – 18:00  Strong Back + Hip + Core Class (John)	18:00 – 19:00  Strong Back + Hip + Core Class (Ryan)	17:45 – 18:45  Posture & Spine Stability Class (Lara)			