



See website for class details

## Timetable

**CITY:** 17 Anderson St, Manunda

**BEACHES:** Shop 14, Coast Watcher Shopping Centre, Trinity Beach

[agphysio.com.au](http://agphysio.com.au)

 4041 7717

# Clinical Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						Pilates Equipment
9:00am						Pilates Equipment
10:00am						Pilates Equipment
11:30am		Pilates Equipment			Pilates Equipment	
12:30pm		Pilates Equipment				
3:30pm	Dance Pilates				Dance Pilates	
4:30pm	Pilates Equipment			Pilates Equipment		
5:30pm	Pilates Equipment	Pilates Equipment	Pilates Equipment	Pilates Equipment		
6:30pm	Pilates Equipment					

**Opening Hours:** Monday to Friday 7am - 7pm, Saturday 7am - 1pm

## Active Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Healthy Hearts	Steadily Stronger	Healthy Hearts		Healthy Hearts
10:00am			Steadily Stronger		
10:30am					Steadily Stronger

**Opening Hours:** Monday to Friday 7am - 7pm, Saturday 7am - 1pm

## Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						8:00-9:00am You've Got This "Intermediate" Pilates
8:30am						
9:30am	9:30-10:30am Pre & Post Natal Pilates (up to 6mth old babies welcome)	9:30-10:30am You've Got This "Intermediate" Pilates	9:30-10:30am Let's Begin "Beginner" Pilates	9:30-10:30am You've Got This "Intermediate" Pilates	9:30-10:30am Let's Begin "Beginner" Pilates	
10:00am						
10:30am						10:00-11:15am Pregnancy Yoga
11:15am						
5:15pm	5:15-6:30pm Beginner YOGA					
5:30pm		5:30-6:30pm Let's Begin "Beginner" Pilates		5:30-6:30pm Let's Begin "Beginner" Pilates		
6:00pm						
6:15pm		5:45pm-6:45pm You've Got This "Intermediate" Pilates				
6:30pm						
7:00pm						
7:30pm						

**Opening Hours:** Monday to Friday 7am - 7pm, Saturday 7am - 1pm