



See website for class details

Timetable

CITY: 17 Anderson St, Manunda

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

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						
9:00am						
9:30am	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	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						
4:30pm			4:30pm-5:30pm You've Got This "Intermediate" Pilates			
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		
5:45pm						
6:00pm						
6:30pm						

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