



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						
11:30am		Pilates Equipment			Pilates Equipment	
12:30pm		Pilates Equipment				
1:30pm						
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	9:00-10:00am Healthy Hearts	9:00-10:00am Steadily Stronger	9:00-10:00am Healthy Hearts		9:00-10:00am Healthy Hearts
10:00am	10:00am-11:00am Steadily Stronger		10:00-11:00am Steadily Stronger	10:00-11:00am Steadily Stronger	
10:15am					
11:00am					
11:15am					
11:30am					11:30-12:30pm Steadily Stronger
12:30pm					
3:45pm	Sports Pilates			Sports Pilates	
4:00pm		Sports Pilates			
4:45pm					
5:00pm					

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	9.15-10.15am Rehab Yoga
10:00am						
10:30am						10.30-11.45am Pregnancy Yoga with Gwyneth (Ph: 0410 795 578 to book)
11:00am						12pm-1pm Trauma Yoga with Rebekah (Ph: 0400 704 687 to book)
11:30am						
12:00pm						
12:30pm						
1:00pm						
4:00pm				4:00-5:00pm Mindful Yoga with Rebekah (Ph: 0400 704 687 to book)		
4:30pm			4:30-5:30pm You've Got This "Intermediate" Pilates			
5:00pm	5:15-6:30pm Beginner Yoga with Dagmar (Ph: 0422 124 277 to book)	5:30-6:30pm Let's Begin "Beginner" Pilates	5:45-7:00pm TriYoga108 with Vanessa (Ph: 0450 964 624 to book)	5:30-6:30pm Let's Begin "Beginner" Pilates		
5:30pm						
6:00pm						
6:30pm						
7:00pm						

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