



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
7:30am	Intermediate Equipment					
8:00am						Pilates Equipment
8:30am						
9:00am			Pilates Equipment			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
7:30am				7:30-8:30am Rehab Class	
8:30am					
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					
11:30am					11:30-12:30pm Steadily Stronger
12:30pm					
3:45pm	3:45-4:45pm Sports Pilates			3:45-4:45pm Sports Pilates	
4:30pm					
4:45pm			4:30-5:30pm Rehab Class		
5:30pm					

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# Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am				8:00-9:00am Tai Chi with Rob		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 Trauma Yoga with Rebekah (Ph: 0400 704 687 to book)
10:00am						
10:30am						
11:00am		11:00am-12:00pm Tai Chi with Renee				
11:30am						
12:00pm						
1:00pm					1:00-2:00pm Tai Chi with Rob & Renee	
1:30pm						
2:00pm						
4:00pm				4:00-5:00pm Mindful Yoga with Rebekah (Ph: 0400 704 687 to book)		
4:30pm						
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	5:30-7:00pm TriYoga108 with Vanessa 0450 964 624	5:30-6:30pm Let's Begin "Beginner" Pilates		
5:30pm						
6:00pm						
6:30pm						

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