



See website for class details

---

## Timetable

17 Anderson St, Manunda

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

 4041 7717

# Clinical Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am	Intermediate Equipment		Pilates Equipment		
8:00am					
8:30am					
11:30pm		Pilates Equipment		Pilates Equipment	
12:00pm					
12:30pm					
1:00pm		Pilates Equipment			
1:30pm					
4:30pm	Pilates Equipment			Pilates Equipment	
5:00pm					
5:30pm	Pilates Equipment	Pilates Equipment		Pilates Equipment	
6:00pm					
6:30pm	Pilates Equipment				
7:00pm					

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

## Active Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	8:30-9:30am Healthy Hearts		8:30-9:30am Healthy Hearts		8:30-9:30am Healthy Hearts
9:00am					
9:30am					
10:00am					
10:30am					
11:00am	10:45am-11:45am Steadily Stronger	10:45-11:45am Steadily Stronger	10:45am-11:45am Steadily Stronger	10:45-11:45am Steadily Stronger	10:45am-11:45am Steadily Stronger
11:30am					
3:30pm		3:30-4:30pm Rehab Class		3:30-4:30pm Rehab Class	
4:00pm					
4:30pm					

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

## Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						8:00-9:00am Pilates
8:30am						
9:00am						
9:30am	9:30-10:30am Pilates	9:30-10:30am Pilates	9:30-10:30am Pilates	9:30-10:30am Pilates	9:30-10:30am Pilates	9.15-10.15am Trauma Yoga with Rebekah (Ph: 0400 704 687 to book)
10:00am						
10:30am						10.30-11.45am Pregnancy Yoga with Gwyneth (Ph: 0410 795 578 to book)
11:00am						
11:30am						
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)					
5:30pm		5:30-6:30pm Pilates		5:30-6:30pm Pilates		
6:00pm						
6:30pm						

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