



See website for class details

Timetable

17 Anderson St, Manunda

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 Active Class | | 8:30-9:30am Active Class | | 8:30-9:30am Active Class |
| 9:00am | | | | | |
| 9:30am | | | | | |
| 10:00am | | | | | |
| 10:30am | | | | | |
| 11:00am | 10:45am-11:45am Active Class | 10:45-11:45am Active Class | 10:45am-11:45am Active Class | 10:45-11:45am Active Class | 10:45am-11:45am Active Class |
| 11:30am | | | | | |
| 3:30pm | | 3:30-4:30pm Active Class | | 3:30-4:30pm Active 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