



AG
PHYSIO

See website for class details

Timetable

17 Anderson St, Manunda

agphysio.com.au

 4041 7717

Equipment Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						Pilates Equipment
9:30am						
10:00am						
11:00am						
11:30am		Pilates Equipment			Pilates Equipment	
12:00pm						
12:30pm		Pilates Equipment				
1:00pm						
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 - 6pm, Saturday 8am - 12pm

Active Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	8:30-9:00am Active Class		8:30-9:00am Active Class		8:30-9:00am Active Class
9:00am					
9:30am					
10:00am					
10:30am	10:45-11:45am Active Class	10:45-11:45am Active Class	10:45-11:45am Active Class	10:45-11:45am Active Class	10:45-11:45am Active Class
11:00am					
11:30pm					
3:30pm		3:30-4:30 Active Class		3:30-4:30 Active Class	
4:00pm					
4:30pm					

Opening Hours: Monday to Friday 7am - 6pm, Saturday 8am - 12pm

Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		8:30-9:30am BEGINNER Pilates				8:00-9:00am Pilates
8:30am						
9:00am						
9:30am	9:30-10:30am Pilates	9:30-10:30am ADVANCED Pilates	9:30-10:30am Pilates	9:30-10:30am Pilates	9:30-10:30am Pilates	
10:00am						
10:30am						10.30-11.45am Pregnancy Yoga with Gwyneth (Ph: 0410 795 578 to book)
11:00am						
11:30am						
12:00pm						
4:00pm						
4:30pm					4:30-5:30pm ADVANCED Pilates	
5:00pm						
5:30pm	5:15-6:30pm Beginner Yoga with Dagmar (Ph: 0422 124 277 to book)	5:30-6:30pm Pilates		5:30-6:30pm Pilates		
6:00pm						
6:30pm						

Opening Hours: Monday to Friday 7am - 6pm, Saturday 8am - 12pm