



See website for class details

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## Timetable

17 Anderson St, Manunda

[agphysio.com.au](http://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					
11:00am	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
11:30pm					
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
7:00am				7:00-8:00am Strength & Conditioning Class		
7:30am						
8:00am						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		10:30-11:30am Pilates				10.30-11.45am Pregnancy Yoga with Gwyneth (Ph: 0410 795 578 to book)
11:00am						
11:30am						
12:00pm						
4:00pm						
4:30pm						
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						