

AG PHYSIO I Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am					
8:00am					
8:30am					
9:30am	9:30am - 10:30am Pilates		9:30am - 10:30am Pilates	9:30am - 10:30am Rehab Yoga w Amanda	9:30am - 10:30am Pilates
10:00am					
10:30am					
11:00am					
12:00pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm		5:30pm - 6:30pm Pilates	5:30pm - 6:30pm Knee-Hab	5:30pm - 6:30pm Pilates	
6:00pm					

Opening Hours: Monday to Thursday 8am - 6pm & Friday 8am - 5pm

BOOKINGS ARE ESSENTIAL | ONLINE BOOKINGS NOW AVAILABLE

COVID-19 safety requires participants to provide their own mat, towel, socks & small apparatus; ie. theraband, spiky ball, chi ball for each class.

AG PHYSIO I Equipment Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
12:30pm					
12:45pm		12:45pm - 1:45pm Equipment Class w Jude			
1:00pm					
1:30pm					
4:30pm					
5:00pm					
5:30pm	5:30pm - 6:30pm Equipment Class w Jude	5:30pm - 6:30pm Equipment Class w Sandy		5:30pm - 6:30pm Equipment Class w Jude	
6:00pm					
6:30pm	6:30pm - 7:30pm Equipment Class w Jude			6:30pm - 7:30pm Equipment Class w Jude	
7:30pm					

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