



CLASS TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat
OPEN GYM REHAB 7.30am – 9.30am						8AM PILATES MAT with Salla
9.15am	CLINICAL PILATES with Salla					
9:30am		CLINICAL PILATES with Salla	CLINICAL PILATES with Stu		CLINICAL PILATES with Stu	
10.30am	HYDRO with Salla	MUMS & BUBS with Salla	CLINICAL PILATES with Salla	HYDRO with Salla		
OPEN GYM REHAB 11.30am – 4.30pm						
4.30pm	CLINICAL PILATES with Salla					
5:30pm				CLINICAL PILATES with Salla		
6.30pm		CLINICAL PILATES with Stu		PILATES MAT with Salla		
7.30pm			MEN'S CORE with Salla			

Inform Physio and Fitness

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PHYSIOTHERAPY + MASSAGE + PILATES + EXERCISE REHAB + SPORTS CONDITIONING