

ONLINE CLASS TIMETABLE

from 23rd August 2020

MONDAY	
8am	Pilates Fundamentals (Jacqui)
1pm	Fit for Golf (Steve)
6pm	Dynamic Pilates (Tash)

TUESDAY	
2pm	Stretch & Release (Jacqui)
4pm	Tweens/Teens – Physio P.E (John)
6pm	Pilates Fundamentals (Jacqui)

WEDNESDAY	
7am	Dynamic Pilates (Jacqui)
9am	S&C (John)

THURSDAY	
5pm	Tweens/Teens – Physio P.E (Tash)
5pm	S&C (Ky)

FRIDAY	
9am	Dynamic Pilates (Tash)
1pm	Fit for Golf (Steve)
3pm	Pilates Fundamentals (John)

SATURDAY	
8am	Dynamic Pilates (Tash/Jacqui)
9am	Pilates Fundamentals (Tash/Jacqui)
10am	S&C (John/Tash)

Book in via [physiosports.com.au](https://www.physiosports.com.au) or call 95969110.