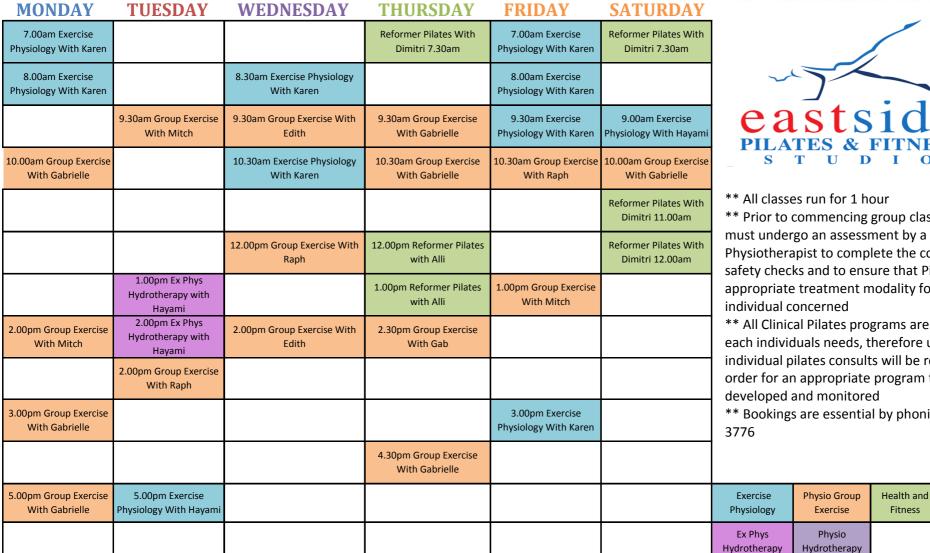
TOORAK GROUP EXERCISE TIMETABLE







- ** Prior to commencing group classes, clients must undergo an assessment by a Physiotherapist to complete the compulsory safety checks and to ensure that Pilates is an appropriate treatment modality for the
- ** All Clinical Pilates programs are tailored to each individuals needs, therefore up to 3 individual pilates consults will be required in order for an appropriate program to be
- ** Bookings are essential by phoning 8261

Fitness