

TOORAK GROUP EXERCISE TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am Exercise Physiology With Karen			Reformer Pilates With Dimitri 7.30am	7.00am Exercise Physiology With Karen	Reformer Pilates With Dimitri 7.30am
8.00am Exercise Physiology With Karen		8.30am Exercise Physiology With Karen		8.00am Exercise Physiology With Karen	
	9.30am Group Exercise With Mitch	9.30am Group Exercise With Edith	9.30am Group Exercise With Gabrielle	9.30am Exercise Physiology With Karen	9.00am Exercise Physiology With Hayami
10.00am Group Exercise With Gabrielle		10.30am Exercise Physiology With Karen	10.30am Group Exercise With Gabrielle	10.30am Group Exercise With Raph	10.00am Group Exercise With Gabrielle
					Reformer Pilates With Dimitri 11.00am
		12.00pm Group Exercise With Raph	12.00pm Reformer Pilates with Alli		Reformer Pilates With Dimitri 12.00am
	1.00pm Ex Phys Hydrotherapy with Hayami		1.00pm Reformer Pilates with Alli	1.00pm Group Exercise With Mitch	
2.00pm Group Exercise With Mitch	2.00pm Ex Phys Hydrotherapy with Hayami	2.00pm Group Exercise With Edith	2.30pm Group Exercise With Gab		
	2.00pm Group Exercise With Raph				
3.00pm Group Exercise With Gabrielle				3.00pm Exercise Physiology With Karen	
			4.30pm Group Exercise With Gabrielle		
5.00pm Group Exercise With Gabrielle	5.00pm Exercise Physiology With Hayami				

** All classes run for 1 hour
 ** 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 individual concerned
 ** 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 developed and monitored
 ** Bookings are essential by phoning 8261 3776

Exercise Physiology	Physio Group Exercise	Health and Fitness
Ex Phys Hydrotherapy	Physio Hydrotherapy	