

# Pirie St Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cuong 6:45 – 7:30	Gamin 6:45 – 7:30	Monique 6:45 – 7:30	Gamin 6:45 – 7:30	Monique 6:45 – 7:30	
Cuong 7:30 – 8:15	Gamin 7:30 – 8:15	<b>Oscar 6:45 – 7:30</b>	Gamin 7:30 – 8:15	Marcia 7:30 – 8:15	
Cuong 8:15 – 9:00	<b>Oscar 7:30 – 8:15</b>	Monique 7:30 – 8:15	<b>Cuong 7:30 – 8:15</b>	<b>Monique 7:30 – 8:15</b>	
	Gamin 8:15 – 9:00	<b>Oscar 7:30 – 8:15</b>		Marcia 8:15 – 9:00	
		Oscar 8:15 – 9:00			
		Monique 9:00 – 9:45am			
Oscar 10:00 – 10:45am	Cuong 10:00 – 10:45am	Oscar 10:00 – 10:45am	Gamin 10:00 – 10:45am	Cuong 10:00 – 10:45am	
		Oscar 10:45 – 11:30am	Marcia 10:45 – 11:30am		
Cuong 11:30 – 12:15pm	Monique 11:30 – 12:15pm	Cuong 11:30 – 12:15pm	Cuong 11:30 – 12:15pm	Monique 11:30 – 12:15pm	
Marcia 12:15 – 1:00pm	Monique 12:15 – 1:00pm	Monique 12:15 – 1:00pm	Cuong 12:15 – 1:00pm	Monique 12:15 – 1:00pm	
<b>Cuong 12:30 – 1:15pm</b>			<b>Oscar 12:30 – 1:15pm</b>		
Oscar 1:00 – 1:45pm	Oscar 1:00 – 1:45pm	Monique 1:00 – 1:45pm	Marcia 1:00 – 1:45pm		
Marcia 2:15 – 3:00pm					
Oscar 4:30 – 5:15pm		Marcia 4:30 – 5:15pm			
<b>Cuong 5:00 – 5:45pm</b>	Oscar 4:45 – 5:30pm	<b>Cuong 4:45 – 5:30pm</b>	Chloe 4:45 – 5:30pm		
Marcia 5:15 – 6:00pm		Marcia 5:15 – 6:00pm			
<b>Oscar 5:45 – 6:30pm</b>	Monique 5:30 – 6:15pm	<b>Cuong 5:30 – 6:15pm</b>	Chloe 5:30 – 6:15pm		
Marcia 6:00 – 6:45pm	Monique 6:15 – 7:00pm	Marcia 6:00 – 6:45pm	Chloe 6:15 – 7:00pm		

Pilates is a unique form of exercise that is designed to condition the entire body through focusing on alignment, core strength, breathing and controlled movement.

**\*Classes In Bold are in our Downstairs Studio**

## Here's how to get started!

1. Book your 1 hour Group Exercise (Pilates) Assessment
2. Complete 2 x half hour one on one sessions with your Physio
3. Join the group classes! (they run for 45 mins)

Book an appointment with PhysioXtra Pirie St by calling 7221 9110

PhysioXtra

PhysioXtra Pirie Street,  
115-117 Pirie st Adelaide