

Seaford Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Jordan 8am – 8:45am
		Angela 8:15am-9am			
					Jordan 8:45am -10:30am
Jordan 9am – 9:45am				Angela 9am – 9:45am	
	Jordan 9:30am -10:15am				
Jordan 9:45am-10:30am			Jordan 9:45am-10:30am	Angela 9:45am-10:30am	
					Angela 10am – 10:45am
	Jordan 10:15am -11:00am				
					Angela 10:45am -11:30am
				Angela 4:30pm - 5:15pm	
		Angela 5:00pm – 6:15pm			
			Jordan 5:15pm - 6pm	Angela 5:15pm - 6pm	
Jordan 5:30pm -6:15pm	Angela 5:30pm -6:15pm				

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.

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 Seaford by calling 7123 2154

