

Hallett Cove Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ben 8am – 8:45am		
	Ben 8:15 - 9am				Megan 8am – 8:45am
				Jackie 8:30 - 9:15am	
Ben 8:45am – 9:30am					Megan 8:45am – 9:30am
	Brad 9:15am – 10am	Harry 9am – 9:45am	Jackie 9:15am – 10am	Jackie 9:15am – 10am	
Megan 9:45am-10:30am					Brad 9:30am-10:15am
					Brad 10:15am-10:45am
		Jackie 10:45am -11:30am			
				Jackie 1pm-1:45pm	
	Jackie 4:30pm–5:15pm			Megan 4:30pm–5:15pm	
Jonty 5:00pm – 5:45pm			Jackie 5:00pm – 5:45pm		
	Jackie 5:15 – 6:00pm			Megan 5:15 – 6:00pm	
		Ben 5:30 – 6:15pm			
Harry 6:15pm - 7pm		Ben 6:15pm - 7pm			

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 Hallett Cove by calling 8387 2155

Or head to physioextra.com

