

# Marion Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chloe 7:00 - 7:45am			
		Chloe 7:45 - 8:30am			
					Isabella 8:00 - 8:45am
		Chloe 8:30 - 9:15am			
					Isabella 8:45 - 9:30am
Carrie-Ann 9:00 - 9:45am	Kath 9:00 - 9:45am		Kath 9:00 - 9:45am	Daniela 9:00 - 9:45am	
		Amanda 9:15 - 10:00am			
					Isabella 9:30 - 10:15am
Carrie-Ann 9:45 - 10:30am	Kath 9:45 - 10:30am		Kath 9:45 - 10:30am	Daniela 9:45 - 10:30am	
		Amanda 10:00 - 10:45am			
Chloe 10:30 - 11:15am	Chloe 10:30 - 11:15am	Amanda 10:45 - 11:30am	Isabella 10:30 - 11:15am	Chloe 10:30 - 11:15am	Isabella 10:15 - 11:00am
Chloe 11:15 - 12:00pm	Chloe 11:15 - 12:00pm		Isabella 11:15 - 12:00pm	Chloe 11:15 - 12:00pm	
Carrie-Ann 1:45 - 2:30pm	Kath 1:45 - 2:30pm				
			Lachlan 2:00 - 2:45pm	Harrison 2:00 - 2:45pm	
Jack 2:30 - 3:15pm					
		Jack 2:45 - 3:30pm	Lachlan 2:45 - 3:30pm	Isabella 2:45 - 3:30pm	
Jack 3:15 - 4:00pm					
	Kath 3:30 - 4:15pm	Jack 3:30 - 4:15pm	Lachlan 3:30 - 4:15pm	Isabella 3:30 - 4:15pm	
Chloe 4:00 - 4:45pm					
	Kath 4:15 - 5:00pm	Kath 4:15 - 5:00pm	Alice 4:15 - 5:00pm		
Chloe 4:45 - 5:30pm					
	Daniela 5:00 - 5:45pm	Kath 5:00 - 5:45pm	Alice 5:00 - 5:45pm		
Alice 5:30 - 6:15pm					
	Daniela 5:45 - 6:30pm	Kath 5:45 - 6:30pm	Alice 5:45 - 6:30pm		

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 Marion by calling 8357 4988  
Or head to [physioxtra.com](http://physioxtra.com)

