

Norwood Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tory 6.30am-7.15am	Tory 6.30am-7.15am	Leah 6.30am-7.15am	Tory 6.30am-7.15am	Tory 6.30am – 7.15am	
Tory 7.15am-8.00am	Tory 7.15am-8.00am	Leah 7.15am – 8.00am	Tory 7.15am-8.00am	Tory 7.15am – 8.00am	
					Sophie 7.45am-8.30am
		Leah 8.15am-9.00am		Leah 8.00am – 8.45am	
Sophie 8.00am-8.45am	Tory 8.30am-9.15am				Sophie 8.30am-9.15am
Sophie 9.00am-9.45am	Leah 9.15am-10.00am	Sophie 9.00am-9.45am	Tory 9.00am-9.45am	Tory 9.00am -9.45am	Sophie 9.15am-10.00am
Sophie 9.45am – 10.30am		Leah 9.45am-10.15am	Tory 9.45am-10.30am	Leah 9.45am -10.30am	
GYM CLASS 10am - Tom	Tory 10.15am-11.00am			Leah 10.30am- 11.15am	Ellie 10.00am-10.45am
Sophie 10.45am -11.30am		Grace 10.30am-11.15am		10.45am-11.30am GLA:D Grace	Ellie 10.45am-11.30am
			GYM CLASS 11am - Liam		
Tory 11.30am-12.15pm		Tory 11.30am-12.15pm			
	GYM CLASS 2pm - Liam				
2.30pm -3.15pm GLA:D Sleiman	Tory 2.15pm – 3pm				
Tory 4.00pm-4.45pm			Sleiman 4.00pm-4.45pm	Finn 4.00pm-4.45pm	
		4.15pm-5.00pm GLA:D Sleiman			
		Tory 4.30pm – 5.15pm	Sleiman 4.45pm-5.30pm	*GYM CLASS* 4:15pm - Jess	
Sleiman 5.30pm-6.15pm	Leah 5.15pm-6.00pm	Tory 5.15pm-6.00pm	Leah 5.30pm-6.15pm		
	Grace 6.00pm-6.45pm	Sophie 6.00pm-6.45pm			
Sleiman 6.15pm-7.00pm		Tory 6.45pm-7.30pm	Leah 6.15pm-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.

Here's how to get started!

1. Book your 30 min 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 Norwood by calling 8132 1266
Or head to physioxtra.com

