

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 | |
| Harrison 1:30pm-2:15pm | | | Jonty 1:30pm-2:15pm | | |
| | | | | | |
| | Jackie 4:30pm–5:15pm | | | Megan 4:30pm–5:15pm | |
| Harry 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 | | | |
| Megan 7pm – 7:45pm | | | | | |

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 physioxtra.com

