

# Victor Harbor Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Millie 9:00-9:45am	
Tabitha 9:15am-10:00am	Tabitha 9:15am-10:00am				
		Ben 9:30-10:15am			
Tabitha 11:30-12:15pm			Tabitha 11:30-12:15pm		
Tabitha 12:15-1:00pm					
				Millie 1:00-1:45pm	
Ben 1:30-2:15pm	Ben 1:30-2:15pm	Ben 1:30-2:15pm			
			Tabitha 4:00-4:45pm		
Tabitha 4:30-5:15pm	Tabitha 4:30-5:15pm				
			Tabitha 4:45-5:30pm		

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 Victor Harbor by calling 8429 1810 or head to [physioxtra.com](http://physioxtra.com)

