

Marion Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chloe 7:00 - 7:45am			
		Chloe 7:45 - 8:30am			
					Breanna 8:00 - 8:45am
		Chloe 8:30 - 9:15am			
					Breanna 8:45 - 9:30am
Carrie-Ann 9:00 - 9:45am	Kath 9:00 - 9:45am		Kath 9:00 - 9:45am	Jakson 9:00 - 9:45am	
		Amanda 9:15 - 10:00am			
					Breanna 9:30 - 10:15am
Carrie-Ann 9:45 - 10:30am	Kath 9:45 - 10:30am		Kath 9:45 - 10:30am	Jakson 9:45 - 10:30am	
		Amanda 10:00 - 10:45am			
Chloe 10:30 - 11:15am	Chloe 10:30 - 11:15am	Amanda 10:45 - 11:30am	Kath 10:30 - 11:15am	Breanna 10:30 - 11:15am	Breanna 10:15 - 11:00am
Chloe 11:15 - 12:00pm	Chloe 11:15 - 12:00pm		Jack 11:15 - 12:00pm	Breanna 11:15 - 12:00pm	
Carrie-Ann 1:45 - 2:30pm	Kath 1:45 - 2:30pm				
			Breanna 2:00 - 2:45pm	Sandra 2:00 - 2:45pm	
Jack 2:30 - 3:15pm					
		Jack 2:45 - 3:30pm	Breanna 2:45 - 3:30pm	Sandra 2:45 - 3:30pm	
Jack 3:15 - 4:00pm					
	Kath 3:30 - 4:15pm	Jack 3:30 - 4:15pm	Breanna 3:30 - 4:15pm	Sandra 3:30 - 4:15pm	
	Kath 4:15 - 5:00pm	Kath 4:15 - 5:00pm	Kath 4:15 - 5:00pm		
Chloe 4:45 - 5:30pm					
	Tori 5:00 - 5:45pm	Kath 5:00 - 5:45pm	Kath 5:00 - 5:45pm		
Richa 5:30 - 6:15pm					
	Tori 5:45 - 6:30pm	Kath 5:45 - 6:30pm	Kath 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

