

Mon	8:00am Clinical Pilates - Equipment* Physio	9:00am Clinical Pilates - Equipment* Physio	11:00am Low Intensity Physio / EP	12:00pm PhysioFIT Physio	2:00pm Clinical Pilates - Equipment* Physio	5:30pm Clinical Pilates - Beginner's Physio
Tues	8:00am Hydrotherapy Physio	10:00am Stronger for Longer EP	11:00am Low Intensity Physio / EP	12:00pm Tai Chi Qigong Practice Michelle	4:30pm Clinical Pilates - Equipment* Physio	6:15pm Clinical Pilates - Equipment* Physio
Wed	9:30am Clinical Pilates - Intermediate Physio	10:00am Lungs in Action EP	11:00am Low Intensity Physio / EP	12:00pm PhysioFIT Physio	5:30pm Clinical Pilates - Equipment* Physio	
Thur	8:30am Tai Chi Qigong Practice Michelle	11:00am Low Intensity Physio / EP	3:30pm Clinical Pilates - Equipment* Physio	4:15pm Clinical Pilates - Equipment* Physio	*Physio/EP referral required. Private health fund rebates may apply for some Physio/EP led classes. Classes are subject to change. Timetable current as at 21/07/17.	
Fri	10:00am PhysioFIT Physio	11:00am Low Intensity Physio / EP	12:00pm Clinical Pilates - Equipment* Physio			

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clinical
CLASSES

Fluid Physio + Gym