

pulse group class timetable

Effective from 15/02/2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Intermediate Pilates Mat	Intermediate Pilates Circuit		Beginner Pilates Mat	Intermediate Pilates Circuit		
7am	6:30am Beginner/ Intermediate Pilates Circuit	Intermediate Pilates Circuit		Intermediate Pilates Circuit	Beginner Pilates Circuit		
8am				Beginner/ Rehab Pilates Mat		Intermediate Pilates Mat	
9am						Beginner/ Intermediate Pilates Mat	
10am	Beginner/Rehab Stretch Pilates	10:45 am Beginner Pilates Mat		Intermediate/ Advanced Pilates Circuit			
11am				Beginner Pilates Circuit			
12pm							
1pm							
2pm							
3pm							
4pm			Beginner/ Intermediate Pilates Circuit				
5pm				Beginner Pilates Mat			
6pm	6:30pm ★ Beginner Pilates Mat			Beginner Pilates Mat			
7pm	7:30pm Beginner Pilates Mat	Intermediate Pilates Mat		Beginner/ Intermediate Pilates Circuit			
8pm							

Instructor Colour Code	Class Categories
Angie Ellam	<p>Pilates Stretch - A relaxing, tension relieving Mat Class</p> <p>Pilates Mat - Matwork with use of small equipment to aide some exercises</p> <p>Pilates Circuit - A mix of Reformer machines and Matwork</p> <p>★ This new class is initially being offered when 7:30pm is fully booked as an overflow class.</p>
Jannah Dowe	
Felicity Boosey	
Leah Bell-Steele	
Louise Westaway	
Marnie Jobson	
Carmen Reinikka	
Keely Mancini	
Lizzi Webb	

PLEASE NOTE - CHANGES ON THIS TIMETABLE:

Monday 7 am class is now 6:30 am, Wednesday 6 & 7 am classes are now on Thursday, Thursday 12 pm class is now 11am.

To get started in a group class, book a 30 minute Group Class Initial appointment. The appointment costs \$50 and can be booked in at any time a staff member is available. After you have done the Initial, you can book into any class you wish to attend. Group Classes run for a duration of 1 hour and are limited for openings, so bookings are essential.

To make or change a booking, please call: 3876 3747, or email: admin@pulsephysio.com.au

For more information about Group Classes or other Pulse Services, please visit our website:

www.pulsephysio.com.au

Now with online booking!