

pulse group class timetable

EFFECTIVE FROM 08/06/09

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Intermediate Pilates Mat	Intermediate Pilates Circuit	Beginner Pilates Mat	Heart Pump Pilates	Intermediate Pilates Circuit		
7am	Beginner/Intermediate Pilates Circuit	Intermediate Pilates Circuit	Intermediate Pilates Mat		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 Pilates Circuit			
11am							
12pm				Beginner/Intermediate Pilates Circuit			
1pm							
2pm							
3pm							
4pm		Beginner/Intermediate Pilates Circuit	Beginner Pilates Circuit				
5pm				Beginner Pilates Mat			
6pm				Beginner Pilates Mat			
7pm	7:30pm Beginner Pilates Mat	Intermediate Pilates Mat		Beginner/Intermediate Pilates Circuit			
8pm							

KEY

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>Heart Pump Pilates - A Pilates workout with a cardio edge</p>
Ericka Mira	
Felicity Boosey	
Alex Stocker	
Liz Urquhart	
Marnie Jobson	
Keely Mancini	
Louise Westaway	

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!