

# pulse group class timetable

Effective from Jan 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Intermediate Equipment Session		Beginner Mat Session	Equipment Session		
7am		* Rehab/Beginner Mat Course			Equipment Session	Equipment Session	
8am		Equipment Session		8:15am -Beginner Mat Session		Intermediate Mat Session	
9am		Beg/Int Mat Session				Beg/Int Mat Session	
10am		Equipment Session		Equipment Session	Post Natal Pilates Session		
11am							
12pm					Pre Natal Pilates Session		
4pm		Introduction to Equipment	Equipment Session				
5pm	Beg/Int Mat Session		Equipment Session	Equipment Session			
6pm	Equipment Session		Beginner Mat Session	Beg/Int Mat Session			
7pm	Intermediate Mat Session		Equipment Session	Equipment Session			
8pm	Beg/Int Mat Session						

\*Rehab class for those suffering from injuries or clients who need a more gentle workout

\*Beginner Mat Course will run at specific dates throughout the year for six weeks. Enquire at reception for course dates.

Instructor Colour Code	Class Categories
*Jannah Dowe	<b>Pilates Equipment</b> - A mix of Pilates large equipment and Matwork - Max 4ppl
Felicity Boosey	
*Lisa Dodemont	<b>Pilates Mat</b> - Matwork with use of small equipment to aide some exercises
*Lori Forner	
*Meg Bergman	<b>*Physiotherapist</b> <i>These classes are claimable through most private health funds</i>
Marie Bartlett	
Natasha Bruce	
Pilates Instructor	
Keely Mancini	

Group Classes run for a duration of 1 hour and numbers are limited, so bookings are essential.  
To make or change a booking, please call: 3876 3747, or email: [admin@pulsephysio.com.au](mailto:admin@pulsephysio.com.au)

Please ensure you bring a towel, socks and a water bottle to classes