

# 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	Introduction to Matwork		Available for Pilates Duet	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