

pulse group class timetable

Effective from 10/05/2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Equipment Session		Beginner Mat Session	Equipment Session		
7am		Equipment Session		Equipment Session	Equipment Session		
8am				Beginner Mat Session		Intermediate Mat Session	
9am		Intermediate Mat Session				Beg/Int Mat Session	
10am		Beginner Mat Session		Equipment Session			
4pm			Equipment Session				
5pm	Beginner Mat Session			Equipment Session			
6pm	Equipment Session		Beginner Mat Session	Beg/Int Mat Session			
7pm	Beg/Int Mat Session	Intermediate Mat Session	7:30pm Equipment Session	Equipment Session			
8pm	Beg/Int Mat Session						

Instructor Colour Code	Class Categories
Lisa Dodemont	<p>Pilates Mat - Matwork with use of small equipment to aide some exercises</p> <p>Pilates Equipment - A mix of Pilates large equipment and Matwork</p>
Jannah Dowe	
Felicity Boosey	
Louise Westaway	
Marnie Jobson	
Katherine Schindler	
Keely Mancini	
Lizzi Webb	

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!