

**PhysioHealth Group Class Timetable**

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Pilates	JIM	Front JIM	Pilates	JIM	Front JIM	Pilates	JIM	Front JIM	Pilates	JIM	Front JIM	Pilates	JIM	Front JIM	Pilates	JIM	Front JIM
6:30 am																		
7:30 am																		
8:30 am			EP Group		EP Group	EP Group	Clinical Pilates - EP				EP Group	EP Group		EP Group	EP Group			TRX
9:30 am	Clinical Pilates - EP	EP Group	EP Group		EP Group	EP Group		EP Group			EP Group	EP Group		EP Group	EP Group			EP Group
10:30 am	Clinical Pilates - EP	EP Group	EP Group	Clinical Pilates		EP Group		EP Group			EP Group	EP Group			EP Group			
11:30 am							Clinical Pilates - EP											
1:30 pm			EP Group					Mental Health Movement										
2:00 pm	Clinical Pilates - EP							Mental Health Movement										
2:30 pm					Mental Health Movement			Mental Health Movement			Mental Health Movement							
3:30 pm			Strong Kids											Clinical Pilates				
4:30 pm		EP Group	Strong Kids 4: 15pm								EP Group	Youth EP			Strong Kids 4: 15pm			
5:30 pm			Strong Kids 5pm	Clinical Pilates - EP	EP Group						Clinical Pilates - EP							
5:45 pm			Strong Hiit															
6:30 pm				Clinical Pilates - EP							Clinical Pilates - EP							