



PILATES GROUP SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7am Lucy			
	9am Lucy			9.30am Lucy	9am Sandra
	10am Lucy	10am Sandra			
11am Sandra		11.30am Lucy		11am Lucy	
5pm Sandra	5pm Lucy	5.30pm Sandra	5pm Sandra		
6pm Sandra	6pm Lucy		6pm Sandra		

All classes run for one hour. Please note, class times and supervising physiotherapists may change on occasion and without notice.

One-on-one sessions (musculoskeletal assessments, follow-ups and reprogramming) are available at most times. Please phone us on 07 3857 5815 or visit our website - staffordphysio.com.au - to place an appointment online.