



PILATES GROUP SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7am Lucy	7am Lucy			8am Lucy
	9am Lucy			9.30am Lucy	9am Sandra
10am Megan	10am Megan	10am Sandra	10am Megan		
11am Sandra		11.30am Lucy		11am Megan	
3pm Megan	4pm Megan		2pm Megan	12pm Lucy	
5pm Sandra	5pm Megan	5.30pm Sandra	5pm Sandra	4.30pm Megan	
6pm Sandra	6pm Megan		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.