



IMPACT

Physiotherapy • Hydrotherapy • Clinical Pilates

PILATES CLASS TIMETABLE

Phone: 9446 3833

	Mon	Tues	Wed	Thurs	Fri	Sat
7am		◆		◆		
8am		*		*		*
9am				◆		*
10am		◆	●	*	◆	
11am	◆	*	◆		●	
12 noon	●	◆	●	◆		
1pm	◆	*	◆	●	◆	*
2pm	●	◆		◆		
3pm						
4pm						
5pm	◆	●	◆	●	◆	
6pm	◆	●	◆	●		

Tania *

Simone ●

Nat ◆