



STURT ROAD
PHYSIO
& PILATES

CLASS TIMETABLE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7:00-7:45 Physfit Rachel	
		8:30- 9:00 Tai Chi Vicky			8:15-9:00 Equipment Rachel
9:30-10:15 Equipment Vicky	9:00-9:45 Physfit Chris	9:15-10:00 Mums & Bubs Vicky			8:15-9:00 Physfit Chris
10:15-11:00 Equipment Rachel	10:00-10:45 Seniors Chris	10:15-11:00 Equipment Vicky	10:15-11:00 Equipment Rachel	10:45-11:30 Mat Rachel	9:00-10:00 Mat Rachel
11:00-11:45 Mat Rachel	11:30-12:15 Mat Kate	11:00-11:45 Mums & Bubs Vicky		11:30-12:15 Equipment Rachel	10:00-10:45 Equipment Rachel
	1:30- 2:00 Tai Chi Vicky	12:00-12:45 Physfit Chris	12:45-1:30 Equipment Rachel	12:15-1:00 Equipment Chris	10:00-10:45 Movers Chris
		2:15-3:00 Equipment Rachel			10:45-11:30 Equipment Rachel
4:45-5:30 Equipment Rachel	4:45-5:30 Equipment Vicky		4:45-5:30 Equipment Vicky	4:45-5:30 Equipment Simon	
5:30-6:15 Equipment Rachel		6:00-6:45 Equipment Rachel	5:30-6:15 Equipment Kirsty		
6:15-7:00 Equipment Kirsty	6:30-7:15 Equipment Vicky	6:45-7:30 Physfit Chris	5:30-6:15 Physfit Chris		
6:15-7:00 Mat -Rachel		6:45-7:30 Equipment Rachel	6:30-7:15 Equipment Vicky		
7:00-7:45 Equipment -Kirsty		7:30-8:15 Equipment Rachel			
7:00-7:30 Stretch- Chris					