



# bounce

health group

## CLINICAL PILATES CLASSES FOR TERM

**1 2020**

Commencing Tuesday 28<sup>th</sup> of January 2020

Finishing Saturday 28<sup>th</sup> of March 2020

### **MONDAY**

**(7 weeks)** – Public Holidays, Australia Day 27<sup>th</sup> of January & Labour Day 9<sup>th</sup> of March

12.30pm	Sherrie <b>(EP)</b>	Semi-Private	<b>Rowville</b>
5.30pm	Cat	Semi-Private	<b>Blackburn</b> - (3 weeks)
6.15pm	Cat	Semi-Private	<b>Blackburn</b> - (3 weeks)
6.30pm	Sherrie <b>(EP)</b>	Semi-Private	<b>Rowville</b>
7.00pm	Cat	Semi-Private	<b>Blackburn</b> - (3 weeks)
7.45pm	Cat	Semi-Private	<b>Blackburn</b> - (3 weeks)

### **PRIVATE HEALTH CODES**

502 – Group Exercise Physiology  
(classes with Sherrie)

OR

561– Physiotherapy Class  
Consultation

### **TUESDAY**

**(9 weeks)**

11.15am	Cat	Semi-Private	<b>Blackburn</b> – (6 weeks)
12.00pm	Cat	Semi-Private	<b>Blackburn</b> – (6 weeks)
12.45pm	Rosie	Semi-Private	<b>Blackburn</b>
5.00pm	Sherrie <b>(EP)</b>	Semi-Private	<b>Blackburn</b>
6.00pm	Kara	Semi- Private	<b>Rowville</b>
6.30pm	Rosie	Semi-Private	<b>Blackburn</b> – (7 weeks)
7.15pm	Rosie	Semi-Private	<b>Blackburn</b> – (7 weeks)

*Away 04/02 & 11/02*

*Away 04/02 & 11/02*

### **WEDNESDAY**

**(9 weeks)**

9.15am	Briony	Semi-Private	<b>Blackburn</b> – (8 weeks)
9.15am	Sherrie <b>(EP)</b>	Semi-Private	<b>Rowville</b>
6.30pm	Tim	Semi-Private	<b>Blackburn</b>
7.00pm	Daniel	Semi-Private	<b>Rowville</b> – (8 weeks)
7.15pm	Tim	Semi-Private	<b>Blackburn</b>

*Away 12/02*

*Away 29/02*

### **THURSDAY**

**(9 weeks)**

1.00pm	Samara	Casual Pilates	<b>Rowville</b> – (6 weeks)	<i>Away 13/02, 20/02 &amp; 27/02</i>
1.00pm	Daniel	Semi-Private	<b>North Ringwood</b> – (5 weeks)	<i>Away 13/02, 20/02 &amp; 27/02</i>
1.00pm	Briony	Semi-Private	<b>Blackburn</b>	
4.30pm	Briony	Semi-Private	<b>Blackburn</b>	
5.15pm	Cat	Semi-Private	<b>Blackburn</b> – (6 weeks)	<i>Away 06/02, 20/02 &amp; 27/02</i>
6.00pm	Kara	Semi-Private	<b>Blackburn</b>	
6.45pm	Kara	Semi-Private	<b>Blackburn</b>	

### **SATURDAY**

**(9 weeks)**

8.15am	Kara	Semi-Private	<b>Blackburn</b>
9.00am	Kara	Semi-Private	<b>Blackburn</b>
9.45am	Rosie	Semi- Private	<b>Blackburn</b>
10.30am	Rosie	Semi-Private	<b>Blackburn</b>