



PILATES CLASSES FOR TERM 1 2019

Commencing Tuesday 29th of January 2019

Finishing Saturday 6th of April 2019

MONDAY	(8 weeks) – Labour Day Public Holiday 11 th of March		
12.30pm	Sherrie	Semi-Private	Rowville
5.00pm	Daniel	Semi-Private	North Ringwood
6.15pm	Cat	Semi-Private	Blackburn – 4 week class – (away 4 th , 11 th & 25 th of Feb + 1 st April)
6.30pm	Sherrie	Semi-Private	Rowville
7.00pm	Cat	Semi-Private	Blackburn – 6 week class – (away 25 th of Feb + 1 st April)
7.15pm	Sherrie	Semi-Private	Rowville
7.45pm	Cat	Semi-Private	Blackburn – 6 week class – (away 25 th of Feb + 1 st April)
TUESDAY	(10 weeks)		
11.15am	Cat	Semi-Private	Blackburn – 6 week class – (away 5 th , 12 th & 25 th of Feb + 2 nd April)
12.00pm	Cat	Semi-Private	Blackburn – 6 week class – (away 5 th , 12 th & 25 th of Feb + 2 nd April)
12.45pm	Rosie	Semi-Private	Blackburn
5.00pm	Sherrie	Semi-Private	Blackburn
5.45pm	Sherrie	Casual	Blackburn
6.30pm	Rosie	Semi-Private	Blackburn
7.15pm	Carmaine	Semi-Private	Blackburn
WEDNESDAY	(10 weeks)		
9.15am	Briony	Semi-Private	Blackburn
9.15am	Sherrie	Semi-Private	Rowville
6.30pm	Tim	Semi-Private	Blackburn – 9 week class – (away 13 th of Feb)
7.00pm	Daniel	Semi-Private	Rowville
7.15pm	Tim	Semi-Private	Blackburn – 9 week class – (away 13 th of Feb)
THURSDAY	(10 weeks)		
9.15am	Sherrie	Semi-Private	Blackburn
1.00pm	Tim	Semi-Private	North Ringwood – 9 week class (away 14 th of Feb)
1.00pm	Briony	Semi-Private	Blackburn
4.30pm	KP	Semi-Private	Blackburn
5.15pm	Cat	Semi-Private	Blackburn – 5 week class – (away 07/02, 14/02, 28/02, 28/03 & 04/04)
6.00pm	Billy	Semi-Private	Rowville
6.00pm	Rosie	Semi-Private	Blackburn
6.45pm	KP	Semi-Private	Blackburn
FRIDAY	(10 weeks)		
11.00am	Sherrie	Casual Pilates	Blackburn
SATURDAY	(10 weeks)		
8.15am	Tim	Semi-Private	Blackburn
9.00am	Tim	Semi-Private	Blackburn
9.45am	Rosie	Semi-Private	Blackburn
10.30am	Rosie	Semi-Private	Blackburn

PRIVATE HEALTH CODES

502 – Group Exercise Physiology
(classes with Sherrie)

OR

560 – Group Physiotherapy