



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 11th of March

12.30pm	Sherrie	Semi-Private	Rowville
5.00pm	Daniel	Semi-Private	North Ringwood
6.15pm	Cat	Semi-Private	Blackburn – 6 week class – (away 25th of Feb + 1st April)
6.30pm	Sherrie	Semi-Private	Rowville
7.00pm	Cat	Semi-Private	Blackburn – 6 week class – (away 25th of Feb + 1st April)
7.15pm	Sherrie	Semi-Private	Rowville
7.45pm	Cat	Semi-Private	Blackburn – 6 week class – (away 25th of Feb+ 1st April)

TUESDAY (10 weeks)

11.15am	Cat	Semi-Private	Blackburn – 9 week class – (away 2nd April)
12.00pm	Cat	Semi-Private	Blackburn – 9 week class – (away 2nd April)
12.45pm	Rosie	Semi-Private	Blackburn
5.00pm	Sherrie	Semi-Private	Blackburn
5.45pm	Sherrie	Casual	Blackburn
6.00pm	Billy	Semi-Private	Rowville
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 13th of Feb)
7.00pm	Daniel	Semi-Private	Rowville
7.15pm	Tim	Semi-Private	Blackburn – 9 week class – (away 13th of Feb)

THURSDAY (10 weeks)

9.15am	Sherrie	Semi-Private	Blackburn
1.00pm	Tim	Semi-Private	North Ringwood – 9 week class (away 14th of Feb)
1.00pm	Briony	Semi-Private	Blackburn
4.30pm	KP	Semi-Private	Blackburn
5.15pm	Cat	Semi-Private	Blackburn – 8 week class – (away 28/03 & 04/04)
6.00pm	Rosie	Semi-Private	Blackburn
6.45pm	KP	Semi-Private	Blackburn

FRIDAY (10 weeks)

11.00am	Sherrie	Casual	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