



CLINICAL PILATES CLASSES FOR TERM

4 2019

Commencing Monday 7TH of October 2019

Finishing Saturday 21st of December 2019

MONDAY	(11 weeks)		
12.30pm	Sherrie (EP)	Semi-Private	Rowville
5.00pm	Daniel	Semi-Private	North Ringwood
5.30pm	Cat	Semi-Private	Blackburn
6.15pm	Cat	Semi-Private	Blackburn
6.30pm	Sherrie (EP)	Semi-Private	Rowville
7.00pm	Cat	Semi-Private	Blackburn
7.45pm	Cat	Semi-Private	Blackburn

TUESDAY	(10 weeks) – Public Holiday 5th of November		
11.15am	Cat	Semi-Private	Blackburn
12.00pm	Cat	Semi-Private	Blackburn
12.45pm	Rosie	Semi-Private	Blackburn
5.00pm	Sherrie (EP)	Semi-Private	Blackburn
6.00pm	Kara	Semi-Private	Rowville - (9 weeks only) *away 22/10 & 5/11
6.30pm	Rosie	Semi-Private	Blackburn
7.15pm	Rosie	Semi-Private	Blackburn

WEDNESDAY	(11 weeks)		
9.15am	Briony	Semi-Private	Blackburn
9.15am	Sherrie (EP)	Semi-Private	Rowville
6.30pm	Tim	Semi-Private	Blackburn
7.00pm	Daniel	Semi-Private	Rowville
7.15pm	Tim	Semi-Private	Blackburn

THURSDAY	(11 weeks)		
1.00pm	Samara	Casual Pilates	Rowville
1.00pm	Daniel	Semi-Private	North Ringwood
1.00pm	Briony	Semi-Private	Blackburn
4.30pm	Briony	Semi-Private	Blackburn
5.15pm	Cat	Semi-Private	Blackburn
6.00pm	Kara	Semi-Private	Blackburn
6.45pm	Kara	Semi-Private	Blackburn

SATURDAY	(11 weeks)		
8.00am	Samara	Casual Pilates	Rowville
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