



bounce

health group

PILATES CLASSES FOR TERM 4 2018

Commencing Monday 8th of October 2018
Finishing Saturday 22nd of December 2018

PRIVATE HEALTH CODES

502 – Group Exercise Physiology
(classes with Sherrie)

OR

560 – Group Physiotherapy

MONDAY (11 weeks) – Cat's class 10 weeks (away 5th Nov)

12.30pm	Sherrie	Semi-Private	Rowville
5.00pm	Daniel	Semi -Private	North Ringwood
5.45pm	Sherrie	Casual	Rowville
6.15pm	Cat	Semi-Private	Blackburn
6.30pm	Sherrie	Semi-Private	Rowville
7.00pm	Cat	Semi-Private	Blackburn
7.15pm	Sherrie	Semi-Private	Rowville
7.45pm	Cat	Semi-Private	Blackburn

TUESDAY (10 weeks) - Melbourne Cup Public Holiday

11.15am	Cat	Semi-Private	Blackburn
12.00pm	Cat	Semi-Private	Blackburn
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 (11 weeks)

9.15am	Briony	Semi-Private	Blackburn – 9 week class – commencing 24 th of Oct
9.15am	Sherrie	Semi-Private	Rowville
5.45pm	Tim	Sports Pilates	Blackburn
6.30pm	Tim	Semi-Private	Blackburn
7.00pm	Daniel N	Semi-Private	Rowville
7.15pm	Tim	Semi-Private	Blackburn

THURSDAY (11 weeks)

9.15am	Sherrie	Semi-Private	Blackburn
1.00pm	Jason	Semi-Private	North Ringwood
1.00pm	Briony	Semi-Private	Blackburn – 9 week class – commencing 25 th of Oct
4.30pm	Cat	Semi-Private	Blackburn – 10 week class (away 1 st of Nov)
5.15pm	Cat	Semi-Private	Blackburn – 10 week class (away 1 st of Nov)
6.00pm	Billy	Semi- Private	Rowville
6.00pm	Rosie	Semi-Private	Blackburn
6.45pm	Rosie/KP	Semi-Private	Blackburn
7.30pm	KP	Semi-Private	Blackburn - 8 week class – commencing 2 nd of Nov

FRIDAY (11 weeks)

11.00am	Sherrie	Casual Pilates	Blackburn
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SATURDAY (11 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