



Sandgate Physical
Health Clinic

2018 Pilates Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am						Clinical
8:00am						Clinical
8:45am						Lifestyle
9:15am			Lifestyle		Lifestyle Stretch	
9:45am						Pregnancy
10:15am		Lifestyle	Clinical			
10:30am					Mums N Bubs	
12:30pm	Clinical			Clinical		
5:00pm			Lifestyle			
5:30pm		Lifestyle				
6:00pm			Lifestyle			
6:30pm		Clinical				
7:00pm	Clinical		Lifestyle	Clinical Stretch		
7:15pm		Clinical				