



## Sandgate Physical Health Clinic

### Pilates Class Timetable July 2017

<b>PILATES MAT, STRETCH &amp; PREGNANCY</b>				
<b>Monday</b>	MAT 12.30pm			
<b>Tuesday</b>	MAT 9.15am	MAT 10:15am	MAT 6.00pm	MAT 7.00pm
<b>Wednesday</b>	MAT 9:15am	MAT 5.00pm	MAT 6.00pm	MAT 7.00pm
<b>Thursday</b>	Stretch & Strength 7:00pm			
<b>Friday</b>	Stretch* 9:15am	Mums 'n' Bubs* 10:30am		
<b>Saturday</b>	MAT 7.30am	MAT 8.30am	Pregnancy 9:45am	

\*classes 45min