

PHYSIO-LED EQUIPMENT CLASSES (1:6)

GROUP REFORMER PILATES / PILATES GYM CIRCUIT

TIMETABLE 2024/25



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07.30			RHEN			
08.30	HELEN	MIRANDA		MIRANDA	TARA	SERJI or HELEN or GEORGIA
09.00	TARA					
09.30	HELEN	MIRANDA	MIRANDA	MIRANDA	ARION	SERJI or HELEN or GEORGIA
10.30	HELEN		TARA			
11.30				SERJI		SERJI or HELEN or GEORGIA
12.00	SERJI		ROBYN		ARION	
13.00		RACHELLE			TARA	
14.00		SERJI		RHEN		
18.00	RHEN	SERJI	ROBYN	RHEN		
19.00	SERJI	SERJI		GEORGIA		

ENQUIRIES: 0742 848 0827 or westcott@corefitphysio.com