



STUDIO CLASS TIMETABLE 2019

Small class sizes | All equipment provided

Bookings essential: www.epexercisephysiology.com.au | Ph. 8239 0575

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am Mat Pilates - Julia		8am Mat Pilates - Julia		8am SBB Osteo - Erin	8.30am Mat Pilates - Julia
9.30am Yoga - Amnys	10am Gentle Yoga - Kirsten	10.30am SBB Osteo BEGINNERS - Erin	10.30am SBB Osteo - Erin		9.45am STRONG - Erin
11am Prenatal Yoga - Kirsten	11.30am Mums n Bubs Yoga - Kirsten	11.30am Semi-Private Exercise Physiology	11.30am SBB Osteo - Erin	11am SBB Osteo - Erin	
2pm SBB- Osteo - Erin	2pm SBB Osteo - Erin				
3pm STRONG – Erin					
	5.30pm STRONG – Erin	5.30pm Prenatal STRONG - Erin	5.15pm STRONG - Erin		4.30pm RESTORATIVE Yoga - Kirsten
5.30pm Prenatal Yoga - Kirsten	6.30pm Semi-Private		6.15pm Prenatal Yoga - Kirsten		
7.15pm RESTORATIVE Yoga Kirsten	Exercise Physiology Sessions – Erin				

*Keep your eye out for week-end workshops & Special Events!