

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Clinical Pilates # 6.45am-7.30am MB		RL Yoga 6.00am-7.30am SF	
	RL Yoga/HSM fusion 9.30am-11.15am SF	Back Fit/Pilates Plus 9.15am-10.15am MB	RL Yoga 9.15am-10.45am SS	RL YOGA/HSM fusion 8am-9.15am SF	
	Clinical Pilates # 9.30am-10.15am MB	Clinical Pilates # 10.30am-11.15am MB		Back Fit/Pilates Plus 9.30am-10.30am MB	
	Clinical Pilates # 10.30am-11.15am MB				
					Sunday
	RL Yoga/HSM fusion 1.15pm-2.45pm SF	Back Fit/Pilate Plus 5.30pm-6.30pm MB	Chill Mama Wellness Prenatal Yoga 6.00pm-7.15pm AV	Teen Pilates 4pm-4.45pm MB	
Back Fit/Pilates Plus 5.15pm-6.15pm MB	Prenatal Yoga with Maree 5.30pm-6.45pm MP	Restorative Yoga 6.40pm-7.40pm MP			
Clinical Pilates # 6.30pm-7.15pm MB	Yoga Flow Class 7pm-8pm MP	Clinical Pilates # 6.40pm-7.25pm MB			
For more information www.thespacealbury.com.au		Term 4 timetable starts Monday 15th October– Friday 21st December 2018 To book your place or enquire regarding class prices, please contact the class teacher (details below) # Clinical Pilates sessions require physio pre-assessment and program development			

The Space on David

TERM 4, 2018 CLASS TIMETABLE

PLEASE REMEMBER TO BOOK YOUR PLACE IN A CLASS WITH YOUR CLASS TEACHER

TEACHER'S CONTACT DETAILS CAN BE FOUND ON THE WEBSITE OR BELOW

TEACHER CODES:

MB – Marie Bucher – 0438 602104 – Email: innerstrengthphysioterapy@gmail.com

SF – Shelly Freund – 0402 220274 – Email: shellyfreund@gmail.com

SS – Sonia Spry – 0438 541356 – Email: soniaspry@bigpond.com

MP – Maree Petrow – 0419 014709 – Email: mareepetrow@hotmail.com

AV – Amy Vaccaro – 0417 697176 – Email/book place chillmamawellness.com/prenatal-yoga/