

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/HSM fusion 7.50am-9.20am 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
Back Fit/Pilates Plus 5.15pm-6.16pm MB	RL Yoga/HSM fusion 1.15pm-2.45pm SF	Back Fit/Pilates Plus 5.30pm-6.30pm MB	Chill Mama Wellness Prenatal Yoga 6.00pm-7.15pm AV	Teen Pilates 4pm-4.45pm MB	
Vinyasa Flow/ Yin Yoga 6.30pm-7.30pm KW	Restorative Yoga with Maree 6PM-7PM MP				
Clinical Pilates # 6.30pm-7.15pm MB		Clinical Pilates # 6.40pm-7.25pm MB			
For more information www.thespacealbury.com.au		Term 1 timetable starts Tuesday 29th January– Friday 5th April 2019 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 1, 2019 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: innerstrengthphysiotherapy@gmail.com

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

KW – Karla Wise-Chalker – 0447 324691 – Email: karlawisechalker@bigpond.com

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

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