

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Clinical Exercise Circuit 6.45am-7.30am MB		RL Yoga 6.00am-7.30am SF	
Pilates Mat Class 9.30am – 10.30am BJ	RL Yoga/HSM fusion 9.30am-11.15am SF	Back Fit/Pilates Plus 9.15am-10.15am MB	Qi Gong 9.30am -10.30am BJ	RL YOGA/HSM fusion 7.50am-9.20am SF	
Meditation Class 10.45am – 11.45am BJ	Clinical Exercise Circuit 9.30am-10.15am MB	Clinical Exercise Circuit 10.30am-11.15am MB	11am – 12pm	Back Fit/Pilates Plus 9.30am-10.30am MB	
	Physiotherapy Exercise 10.30am – 11.15am MB		Physiotherapy Exercise 11.00am – 11.45am MB		
	GLA:D 12.15pm – 1.00pm MB		GLA:D 12.15pm – 1.00pm 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		Pilates Circuit Class 5.30pm – 6.30pm BJ		
Clinical Exercise Circuit 6.30pm-7.15pm MB	Physiotherapy Exercise 6.00pm – 6.45pm MB	Clinical Exercise Circuit 6.35pm-7.20pm MB	Private/Semiprivate Pilates Sessions BJ		
For more information www.thespacealbury.com.au		Term 2 timetable starts Monday 29th April– Friday 5th July 2019 To book your place or enquire regarding class prices, please contact the class teacher (details below) Physiotherapy Exercise and GLA:D sessions require Physiotherapy pre assessment (private rebate may apply) All Equipment Based Circuit Classes require a 1:1 pre assessment			

The Space on David

TERM 2, 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/

BJ – Brett Jenkins – 0414 496015 – Email: ba-jenkins@hotmail.com