

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Radiant Light Yoga 6.00am-7.30am SF	
	RL Yoga/Somatic fusion 9.15AM-11.00AM SF	Back Fit/Pilates Plus 9.30am-10.30am MB		Gentle Yoga/Somatics 7.50am-9.20am SF	
	Clinical Exercise Pilates Studio 9.30am-10.15am MB	Clinical Exercise Pilates Studio 10.30AM-11.15AM MB		Back Fit/Pilates Plus 9.30am-10.30am MB	
GLA:D 1PM – 2PM MB Starting Mid Aug	Clinical Exercise Pilates Studio 10.30am – 11.15am MB		GLA:D 1PM-2PM MB Starting Mid Aug	Clinical Exercise Pilates Studio 10.45AM-11.30AM MB	
Back Fit/Pilates Plus 5.15pm-6.16pm MB		Back Fit/Pilates Plus 5.30pm-6.30pm MB			Sunday
Radiant Light Yoga 6.30PM-7.45PM SS		Clinical Exercise Pilates Studio 6.45PM-7.30PM MB		Teen Pilates 4pm-4.45pm MB	
Clinical Exercise Pilates Studio 6.30pm-7.15pm MB	Restorative Yoga with Maree 6PM-7PM MP Will be starting soon	Mindfulness, Movement, Meditation ONLINE SR	Vinyasa Flow 5.45pm-6.45pm LB		
For more information www.thespacealbury.com.au		Term 3 timetable starts Monday 20th July– Friday 25th September To book your place or enquire regarding class prices, please contact the class teacher (details below) Physiotherapy/Clinical Exercise and GLA:D sessions require Physiotherapy pre assessment (private rebate may apply)			

The Space on David

TERM 3, 2020 CLASS TIMETABLE

Monday 20th July – Friday 25th September

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

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

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

LB – Louise Barlow – Email: loubarlow@ymail.com

SR – Shane Ricketts -0450 033876 – Email: osteoshane@gmail.com