

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Back Fit/Pilates Plus 9.15AM-10.15AM MB		Back Fit/Pilates Plus 9.30AM - 10.30AM MB	
		Physiotherapy Exercise Clinical Pilates Studio 10.30AM-11.15AM MB			
Strength and Balance 10.45AM-11.30PM MB	Physiotherapy Exercise Clinical Pilates Studio 9.15AM-10.00AM MB	Gentle Yoga and Meditation Margot Smith 11am- 12.30pm MS	Strength and Balance 10.45AM-11.30PM MB		
Strength and Balance 11.30AM-12.30PM MB	Physiotherapy Exercise Clinical Pilates Studio 10.00AM – 10.45AM MB		Strength and Balance 11.30AM-12.30PM MB		
Back Fit/Pilates Plus 5.15PM - 6.16PM MB		Back Fit/Pilates Plus 5.30PM-6.30PM MB			Sunday
Iyengar Yoga Emma Hamill 6.30PM-8PM EH	Restorative Yoga Lou Bull 6PM-7PM LB	Physiotherapy Exercise Clinical Pilates Studio 6.35PM-7.20PM MB			
Physiotherapy Exercise Clinical Pilates Studio 6.30PM - 7.15PM MB	Meditation 7.15PM-8.15PM AM	Lymph Flow Balance Amita Collins 6.35PM – 7.35PM AC	Iyengar Yoga Emma Hamill 5.15PM-6.30PM EH		

For more information
www.thespacealbury.com.au

Term 1 timetable starts Monday 3rd February – Friday 11th April 2025

(Some sessions run for fixed blocks, please contact session teacher for details/confirmation)

To book your place or enquire regarding class prices/further information, please contact the class teacher (details below)

Physiotherapy Exercise and GLA:D sessions require Physiotherapy pre assessment (private health rebate may apply)

The Space on David

TERM 1, 2025 CLASS TIMETABLE

TO BOOK YOUR PLACE OR TO GET MORE INFORMATION ABOUT SESSION PRICE AND DATES CONTACT 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

LB – Lou Bull – 0458 240634 – Email: loubull.aquila@gmail.com

AC – Amita Collins- 0427 369570 -Email: amita@pallpclinic.com

AM – Anna Mohn – 0482 912889

EH – Emma Hamil – 0407 196914 – Email: emmahamillphysioandyoga@gmail.com

MS – Margot Smith – 0400 723476