physio plus
you're in the right hands

WEEKLY CLASS TIMETABLE

BANGALOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8AM REFORMER (Andy)	**7:45AM** MAT (Cally)	**7:45AM** MAT (Cally)	**8AM** STRENGTH (Claire - EP)	**8AM** MAT (Claire - EP)
9:30AM MAT - STRETCH (Niamh)	**9AM** MAT (Cally)	**9AM** MAT (Cally)	**9AM** REFORMER (Claire - EP)	**9AM** REFORMER (Claire - EP)
3PM STRENGTH - (Claire - EP)	**10AM** MAT (Cally)	**10AM** MAT (Cally)	**10AM** MAT (Claire - EP)	**10AM** REFORMER (Tilly)
5:30PM MENS MAT (Niamh)	**11:30 AM** REFORMER (Tilly)		**2:30PM** STRENGTH - (Claire - EP)	**11AM** REFORMER (Tilly)
			4pm MAT (Cally)	
			5PM MAT (Cally)	
			6PM MAT (Cally)	

KEY: Mat Pilates | Reformer Pilates | Strength Building