



PhysioRoom

PYMBLE

PHYSIO ROOM PYMBLE PILATES TIMETABLE (February 2023)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM						7:30-8:30
8 AM				8:00-9:00		8:30-9:30
9 AM	9:00-10:00	9:30-10:30		9:30-10:30	9:30-10:30	
10 AM	10:30-11:30					
11 AM				11:30-12:30	11:00-12:00	
12PM						
1 PM						
2 PM						
3 PM						
4 PM						
5 PM	5:00-6:00			5:00-6:00		

Please arrive 10 minutes before the class. We have change rooms where you can get changed. For occupational health & safety reasons, you must wear Grip Socks during Pilates class.

Timetable may be subject to change.

For more information please visit our website at www.physioroompymble.com

