

## EMBODY MOVEMENT CURRIMUNDI CLASS TIMETABLE AS OF FEBRUARY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7.00am	7am Clinical Pilates 30min	7am Group Training EP 30min	7am Functional Fitness Circuit 45min	7am Clinical Pilates 30min	7am Clinical Pilates 30min	7am Clinical Pilates 50min	
7.30am							
8.00am	8am Circuit Pilates 50min	8am Group Training EP		8am Clinical Pilates 50min	8am Group Training Physio	8am Circuit Pilates 50min	8am Circuit Pilates 50min
8.30am			8.30am Clinical Pilates 50min				
9.00am	9am Circuit Pilates 50min		8.30am Clinical Pilates 50min	9am Clinical Pilates 50min	9am Clinical Pilates 30min	9am Seniors Strength & Fitness 50min	9am Clinical Pilates 50min
9.30am							
10.00am	10am Clinical Pilates 50min	10am Group Training EP	9.30am Clinical Pilates 50min	9.30am Clinical Pilates 50min	10am Clinical Pilates 50min	10am Clinical Pilates 50min	10am Group Training EP
10.30am							
11.00am	11am Seniors Strength & Fitness 50min		11am Clinical Pilates 50min	11.30am Seniors Strength & Fitness 50min	11.30am Clinical Pilates	11am Post Natal Return to Impact	
11.30am							
12.00pm		12pm Balance and Bones 50min					
12.30pm	12.30pm Group Training EP 30min						
1.00pm		1pm Clinical Pilates 50min			12.30pm Clinical Pilates 50min		
1.30pm	1pm Clinical Pilates 50min					1.30pm Clinical Pilates 50min	1.30pm Hydro off site
2.00pm			2.00pm Clinical Pilates 30min				
2.30pm	2.30pm Clinical Pilates 50min			2.30pm Clinical Pilates 50min	2.30pm Clinical Pilates 50min		
3.00pm							
3.30pm	3.30pm Clinical Pilates 50min	3.30pm Clinical Pilates 50min		3.30pm Clinical Pilates 50min			
4.00pm					4pm Clinical Pilates 50min		
4.30pm	4.30pm Clinical Pilates 50min	4.30pm Clinical Pilates 50min					
5.00pm				5pm Clinical Pilates 50min			
5.30pm		5.30pm Circuit Pilates 50min		5.30pm Group Training EP 30min			
6.00pm				6pm Clinical Pilates 50min	6pm Group Training EP 30min		
6.30pm		6.30pm Group Training Physio 30min					

Book Online: [www.embodymovement.com.au](http://www.embodymovement.com.au) or phone 5337 9853