

## EMBODY MOVEMENT FOREST GLEN CLASS TIMETABLE AS OF FEBRUARY 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am		7am Clinical Pilates 50min				7am Clinical Pilates EP 50min
7.30am						
8.00am		8am Clinical Pilates 50min	8am Clinical Pilates 50min			8am Strength & Functional Fitness EP 45min
8.30am						
9.00am	9am Strength & Functional Fitness EP 45min	9am Circuit Pilates 50min			9am Circuit Pilates 50min	9am Clinical Pilates EP 50min
9.30am				9am Clinical Pilates 30min		
10.00am	10am Seniors Strength & Fitness 50min	10am Clinical Pilates 50min	10am Balance and Bones 50min	10am Clinical Pilates 50min	10am Mum's and Bubs Clinical Pilates EP 50min	
10.30am						
11.00am	11am Clinical Pilates 50min	11am Seniors Strength & Fitness 50min	11am Clinical Pilates 50min		11am Clinical Pilates EP 50min	
11.30am				11.30am Seniors Strength & Fitness 50min		
12.00pm						
12.30pm						
1.00pm				1pm Clinical Pilates 50min		
1.30pm		1.30pm Mat Pilates				
2.00pm						
2.30pm		2.30pm Seniors Strength and Fitness 50min				
3.00pm						
3.30pm		3.30pm Clinical Pilates 50min			3.30pm Clinical Pilates 50min	
4.00pm						
4.30pm	4.30pm Clinical Pilates 50min					
5.00pm			5pm Clinical Pilates 50min			
5.30pm	5.30pm Clinical Pilates 50min					
6.00pm						
6.30pm						