

Class Timetable Summer 2020

Feb 2020

Call us to book in and secure your spot!

*Denotes classes that a run during term time

PHYSIYOGA
extend yourself



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- Mattwork Pilates
- Yoga
- Equipment Pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		High Intensity Mat Pilates 7:00-7:45am Rosie	Group Physio 8am- 8:45am Jayne	MORNING YOGA Vinyasa Flow 6:15-7:15am Bauke		Mat Pilates 8-8:45am - Rosie
9:00	Group Physio 9:00-9:45am Penny	Group Physio 9:00-9:45am Chris		Group Physio Starting Feb 13th 9:00-9:45am - Chris	Mat Pilates 9:00-9:45am Jayne	Hatha- Yoga 9:00-10:00am Emily
9:45		Group Physio 9:45-10:30am Catherine		Group Physio 9:45-10:30am - Emily	Group Physio 10:15-11:00am Jayne	
10-1	Mums + Bubs Group Physio 10:00-10:45am Penny		Group Physio 10:15-11am Penny	Pilates Mat Starting March 10:30am -11:15am Chris	Group Physio 12.15 – 1pm Jayne	
2pm		Group Physio 2:00-2:45pm Chris			Group Physio Starts Feb 14th 2:00 – 2:45pm Catherine	
3:00	Group Physio 3:00-3:45pm Penny	Group Physio 4:15pm -5:00pm Chris				
5:00	Group Physio Not available	Mat Pilates 5:15-6pm Rosie	Mat Pilates 5:15pm-6pm Rosie			
6ish	Yin Yoga 6:15-7:15pm Bauke	Vinyasa Flow 6:15-7:15 pm Bauke	Hatha 6.15pm–7:15pm Emily	Yin Yoga 6:15-7:15pm Bauke		
7pm			Strong Yoga (Experienced) 7:30- 8:30pm Emily			