



Physio Pilates Health



Zest Physio Pilates Health
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PHYSIO EXERCISE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 am			Physio Exercise Kate	Physio Exercise Kate	
8:00 am			Physio Exercise Kate	Physio Exercise Kate	Physio Exercise Kate
9:00 am			Physio Exercise Kate		Physio Exercise Kate
9:30am				Physio Exercise Kate	
10:00 am			Physio Exercise Kate		
11:15am					Physio Exercise Kate
12:00 pm			Physio Exercise Kate		Physio Exercise Kate
4:45 pm	Physio Exercise Kate				
5:30 pm	Physio Exercise Kate			Physio Exercise Kane	
6:15 pm		Physio Exercise Kane		Physio Exercise Kane	
6:45 pm	Physio Exercise Kate				