

Zest Physio Pilates Health 225 Park St, South Melbourne VIC 3205 Phone: 9077 2885 Fax: 9077 3352 Email: info@zestpph.com.au Web: www.zestpph.com.au ABN: 41 336 744 150

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	Physio Exercise Kate
9:00 am			Physio Exercise Kate		Physio Exercise Kate
10:00 am			Physio Exercise Kate	Physio Exercise Kate	
11:15am					Physio Exercise Kate
12:00 pm			Physio Exercise Kate		Physio Exercise Kate
4:45 pm					
5:00 pm		Physio Exercise Kane			
5:30 pm	Physio Exercise Kate		Physio Exercise Sophie	Physio Exercise Kate	
5:45 pm		Physio Exercise Kane			
6:30 pm		Physio Exercise Kane			
6:45 pm	Physio Exercise Kate				
7:15 pm		Physio Exercise Kane			