

Pilates + Clinical Exercise TIMETABLE 2023

Bookings essential at reception or online.
Clinical Exercise and Pilates Classes 50 min
Circuit Classes 60 min
◇ PHI - No private health insurance rebates

87 Arthur St
Fairfield VIC 3078
info@informphysio.com
www.informphysio.com
(03) 9481 6312
@Informphysiotherapyandpilates
Inform Physiotherapy and Pilates Fairfield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Clinical Exercise Alex	6:00am Pilates Barbara ◇	6:30am Clinical Exercise Alex	6:30am Pilates Barbara ◇	6:15am Clinical Exercise Meg		
	7:00am Pilates Barbara ◇	7:30am Clinical Exercise Alex	7:30am Pilates Barbara ◇	7:15am Clinical Exercise Meg		
8:30am Clinical Exercise Laurel	8:00am Clinical Exercise Laurel		8:00am Clinical Exercise Alex	8:15am Clinical Exercise Meg	8:00am Clinical Exercise Meg	
9:00am Clinical Exercise Alex	8:00am Pilates Barbara ◇		9:00am Clinical Exercise Alex	8:30am Clinical Exercise Laurel	9:00am Clinical Exercise	
9:30am Clinical Exercise Laurel	9:30am Clinical Exercise Laurel	9:30am Clinical Exercise Shoni	9:30am Pilates Barbara ◇	9:30am Clinical Exercise Laurel	9:00am Pre & Post Natal Circuit Class Meg	
10:00am Clinical Exercise Alex	9:30am Pilates Barbara ◇	10:30am Clinical Exercise Shoni	10:15am Pre & Post Natal Circuit Class Laurel	9:30am Pre & Post Natal Circuit Class Sam ◇	10:00am Clinical Exercise	
10:30am Clinical Exercise Laurel	10:30am Clinical Exercise Laurel			10:30am Clinical Exercise Laurel		
11:00am Clinical Exercise Alex		11:30am Telehealth Parkinsons Shoni	11:15am Clinical Exercise Laurel	11:30am Clinical Exercise Laurel	10:30am Clinical Exercise Meg	
11:30am Clinical Exercise Laurel	11:30am Active Ageing Circuit Class Laurel	11:30am Pre & Post Natal Circuit Class Sam ◇	12:15pm Active Ageing Circuit Class Laurel	11:30am Clinical Exercise Laurel	11:30am Clinical Exercise Meg	
12:30pm Active Ageing Circuit Class Laurel		12:15pm Clinical Exercise Shoni	12:30pm Clinical Exercise Sam ◇	11:30am Active Ageing Circuit Class Shoni		
	1:15pm Clinical Exercise Laurel		1:15pm Clinical Exercise Laurel	1:00pm Clinical Exercise Laurel		
2:00pm Clinical Exercise Laurel	2:00pm Clinical Exercise Meg	4:15pm Clinical Exercise Sam ◇	2:15pm Clinical Exercise Laurel	1:30pm Clinical Exercise Shoni		
	5:00pm Clinical Exercise Laurel	5:15pm Clinical Exercise Sam ◇	5:30pm Clinical Exercise Sam ◇	2:00pm Clinical Exercise Laurel		
6:00pm Clinical Exercise Sam ◇	6:00pm Clinical Exercise Laurel	6:00pm Clinical Exercise Laurel				
		6:15pm Clinical Exercise Sam ◇	6:30pm Clinical Exercise Sam ◇			
7:00pm Clinical Exercise Sam ◇	7:00pm Clinical Exercise Laurel	7:00pm Clinical Exercise Laurel				
7:45pm Pre & Post Natal Circuit Class Meg	7:45pm Pre & Post Natal Circuit Class Meg	7:15pm Pre & Post Natal Circuit Class Sam ◇	7:30pm Clinical Exercise Sam ◇			
		8:00pm Clinical Exercise Laurel				