

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLINICAL REHAB FORMALLY TERMED CLINICAL PILATES	5.00pm 5.45pm 6.30pm	9.15am 5.45pm 6.30pm	5.45pm 6.30pm 7.15pm	9.15am 10.00am 6.00pm 6.45pm	11.00am	9.00am 9.45am
	PRE AND POSTNATAL PILATES				5.15pm		
	GLAD		6.30pm		5.00pm	2.00pm	
	HYDROTHERAPY Aquapulse Wyndham	12.30pm		12.30pm		12.30pm	