

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>CLINICAL REHAB FORMALLY TERMED CLINICAL PILATES</p>	9.00am 9.45am 10.30am 5.30pm	7.30am 8.30am 9.20am 2.30pm 6.30pm	9.00am 10.00am 11.00am 12.00pm 4.30pm 6.00pm 6.45pm	11.00am 12.30pm 1.20pm 5.00pm 6.00pm	9.00am 4.00pm	10.30am
 <p>PRE & POSTNATAL PILATES</p>					1.30pm	
 <p>HYDROTHERAPY Ascot Vale Leisure Centre, Epsom Rd & Langs Rd Ascot Vale</p>		1.30pm			12.30pm	

Class Timetable

Symmetry Ascot Vale
9372 8155