




|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                                | SATURDAY                   |
|--|--|---|---|---|---------------------------------------|----------------------------|
|  <p><b>CLINICAL REHAB</b><br/>FORMALLY TERMED CLINICAL PILATES</p> | 7.00am<br>8.00am<br>9.00am<br>4.00pm<br>5.00pm<br>6.00pm<br>7.00pm | 7.00am<br>8.00am<br>9.00am<br>10.00am<br>5.00pm<br>6.00pm | 9.00am<br>10.00am<br>11.00am<br>12.00pm<br>5.00pm<br>6.00pm<br>7.00pm | 6.30am<br>7.30am<br>8.30am<br>11.00am<br>5.00pm<br>6.00pm<br>7.00pm | 7.30am<br>8.30am<br>9.30am<br>10.30am | 7.50am<br>8.45am<br>9.40am |
|  <p><b>ONERO</b></p>  | 11.00am  | 11.00am   | 2.00pm  |   | 12.00pm<br>1.00pm                     |                            |
|  <p><b>FALLS AND BALANCE</b></p>                                 | 10.00am  |   | 1.00pm  |   |                                       |                            |
|  <p><b>MUMS AND BUBS</b></p>                                     |  |   |   | 12.00pm   |                                       |                            |

# Class Timetable

Symmetry Port Melbourne  
9645 2183