



RE-VITALISE  
PHYSIO • PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CLINICAL 8:00am
CLINICAL 9:00am	CLINICAL 9:00am		CLINICAL 9:00am	CLINICAL 9:00am
CLINICAL 10:00am	CLINICAL 10:00am	CLINICAL 10:00am	CLINICAL 10:00am	CLINICAL 10:00am
CLINICAL 11:00am		CLINICAL **11:00am	PRE & POST NATAL 11:00am Belinda	CLINICAL 11:00am
CLINICAL **12:00pm			PRE & POST NATAL 12:00pm Belinda	CLINICAL **12:00pm
CLINICAL 1:00pm				
CLINICAL 2:00pm	CLINICAL 2:00pm	CLINICAL 2:00pm	CLINICAL 2:00pm	
CLINICAL 4:30pm	CLINICAL 4:45pm	CLINICAL 4:30pm	CLINICAL **4:30pm	
CLINICAL 5:30pm	CLINICAL 5:45pm	CLINICAL 5:30pm	CLINICAL 5:30pm	
CLINICAL 6:30pm	PRE & POST NATAL 6:30pm Belinda	CLINICAL 6:30pm	CLINICAL 6:30pm	
CLINICAL 7:30pm		CLINICAL 7:30pm		

Light Green = Clinical Classes  
 Dark Green = Pre & Post Natal  
 Grey = \*\*New Class times may open