



# Clinical Physiotherapy & Fit Pilates Classes Timetable

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.40am	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	
7.30am			Clinical Physiotherapy			
8:00am						Clinical Physiotherapy
9.00am	Clinical Physiotherapy		<i>Fit Pilates</i>		Clinical Physiotherapy	
10.00am	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	
4.30pm	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy	Clinical Physiotherapy		
5.30pm		Clinical Physiotherapy		Clinical Physiotherapy		



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**Clinical Physiotherapy Sessions:** Clinical Physiotherapy sessions are perfect for those who have specific injuries or areas of concern and who would benefit more from an individualised program aimed at addressing the underlying cause of injury or pain. This **50 minute class** will include a combination of fit ball, reformer, trapeze, gym and mat exercises, with each person having a specific individualised program to follow based on their needs, abilities and goals. An initial one on one assessment with our physiotherapists is required before commencing these sessions.

**Fit Pilates Classes:** Fit Pilates is a Pilates program with a focus on general fitness, toning, flexibility, strength, core control, coordination and balance. This **50 minute class** combines exercises on the reformer, trapeze, mat and fit ball in a circuit format with different difficulty options to cater for different fitness and experience levels. Fit Pilates is run as a circuit-type class and is not specific to particular injuries.