

HILLCREST PHYSIOTHERAPY CLASS TIMETABLE:

Monday	Tuesday	Wednesday	Thursday	Friday
	CIRCUIT 9:30-10:30 Karen	CIRCUIT 7:00-8:00am Henry	PILATES 11:00am-12:00pm Karen	
PILATES 12:00-1:00pm Chris		PILATES 11:30am-12:30pm Karen	YOGA 1:00-2:00pm Karen	
PILATES 5:30-6:30pm Henry		PILATES 5:30-6:30pm Chris	CIRCUIT 6:00-7:00pm Chris	PILATES 5:00-6:00pm Karen

Please Ring 07 856 4656 to check availability and book into classes.

Casual rates are \$17:00 per class

10 concession card for all classes is \$150, for use with any class type.

Wear suitable clothing for exercising and a water bottle is recommended.

All classes are taken by a physiotherapist, let them know if you have any pre-existing conditions.