

ALPHINGTON EXERCISE & REHABILITATION CENTRE

376 Heidelberg Road, Fairfield

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CLINICAL PILATES CLASS TIMES

MONDAY	7.15am-7.45am 9.00am-11.30am 11.45am-12.45pm 5.00pm-7.30pm 5.15pm-6.15pm
TUESDAY	7.15am-9.15am 12:00pm-12:30pm 1.15pm-1.45pm 5.15pm - 5.45pm 5.30pm-8.00pm
WEDNESDAY	7.30am-9.00am 12.00pm-1.00pm 5.00pm-8.00pm
THURSDAY	7.30am-9.30am/12.00pm-12.30pm 5.15pm-6.15pm 5.30pm-7.30pm
FRIDAY	7.15am-7.45am 7.30am THEN 9.00am-11.00am THEN 12.30pm 12.15pm-1.45pm 5.00pm-6.00pm THEN 7.00pm-7.30pm
SATURDAY	8:15-8:45am THEN 10:15-10:45am 8.30am-12:30pm
SUNDAY	9.30am-10am

We will be running 2 rooms, so classes will be on the half and quarter hour

For a 30 minute class - book one session

For a 1hr class - book two sessions

A CANCELLATION FEE WILL APPLY IF YOU FAIL TO ATTEND OR DO NOT GIVE 24HRS NOTICE