

# **ALPHINGTON EXERCISE & REHABILITATION CENTRE**

**376 Heidelberg Road, Fairfield**

**Ph: (03) 94825211**

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## **CLINICAL PILATES CLASS TIMES**

<b>MONDAY</b>	7.15am-7.45am 9.30am-11.30am 11.45am-12.45pm 5.00pm-7.30pm 5.15pm-6.15pm
<b>TUESDAY</b>	7.15am-8.45am 7:30am THEN 9.30am THEN 12.00pm-12.30pm 5.15pm - 5.45pm 5.30pm-8.00pm
<b>WEDNESDAY</b>	7.30am-9.00am 12.00pm-12.30pm 5.00pm-8.00pm
<b>THURSDAY</b>	7.30am-9.30am/12.00pm-12.30pm 5.15pm-6.15pm 5.30pm-7.30pm
<b>FRIDAY</b>	7.15am-7.45am 7.30am THEN 9.30am-10.30am 12.15pm-1.45pm 5.00pm-6.00pm THEN 7.00pm-7.30pm
<b>SATURDAY</b>	8:15-8:45am 8.30am-1.00pm
<b>SUNDAY</b>	TBA

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**