

# Physiotherapy-led Small Group Pilates Exercise Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		7:30am	7:30am	7:30am
12:00pm		12:00pm		12:00pm
1:30pm		1:30pm	1:00pm	

\*Class times subject to change dependent on booking numbers

## Locations

Your Health Domain - Kyle House, Mezzanine Level, 27 Macquarie Place Sydney

Online - via Zoom



**+ HICAPS +**

**yourhealth  
domain**



Physiotherapy • Massage Therapy • Pilates • Ergonomics

No lock in contracts

Start Anytime

Initial 1:1 consult required to create your individualised program and to teach you how to use the equipment

Suitable for all levels - Beginner to Advanced

1:1 Individual session are also available upon request

Maximum class size = 4 people