

Physiotherapy-led Small Group Pilates Exercise Class Timetable



Physiotherapy • Massage Therapy • Pilates • Ergonomics

Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		7:30am	7:30am	7:30am
12:15pm	12:15pm	12:15pm		12:15pm
1:00pm		1:00pm	1:00pm	

*Class times subject to change dependent on booking numbers

Locations

Your Health Domain - Level 3 84 Pitt Street Sydney

Online - via Zoom



+ HICAPS +

yourhealth
domain



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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