



**COASTSPORT**  
PHYSIO + SPORTS MEDICINE

## Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:30am			Clinical Pilates Equipment		
9:30am-10:30am			Clinical Pilates Equipment		
10am-11am	Antenatal and Post-natal Pilates	Diabetes Class			
6pm-7pm	Clinical Pilates Matwork				