

TIMETABLE

Effective Monday, July 30

	MON	TUE	WED	THU	FRI	SAT
6.00	MEDITATION 6.00 - 6.30					
7.00	YOGA 6.30 - 7.30	REFORMER 6.30 - 7.30	YOGA 6.30 - 7.30		PILATES 6.45 - 7.45	POWER PILATES 7.00 - 8.00
8.00			MEDITATION 7.30 - 8.00			
9.00	REFORMER 8.15 - 9.15	PILATES BARRE 8.15 - 9.15	PILATES 8.15 - 9.15	REFORMER 8.15 - 9.15		REFORMER 8.15 - 9.15
10.00	PILATES 9.30 - 10.30	PILATES 9.30 - 10.30	YOGA 9.30 - 10.30	BEGINNERS PILATES 9.30 - 10.30	PHYXME FITNESS 9.30 - 10.30	REFORMER 9.30 - 10.30
11.00		REHAB HIPS & KNEES 11.00 - 12.00		REHAB FUNCTIONAL 11.00 - 12.00		
5.00	REFORMER 4.15 - 5.15	REFORMER 4.30 - 5.30		PILATES 4.30 - 5.30	MEDITATION 4.30 - 5.00	
6.00	REFORMER 5.30 - 6.30	PILATES 5.45 - 6.45	PILATES 5.30 - 6.30	STRETCH & RELEASE 5.45 - 6.45	YOGA 5.15 - 6.15	
7.00	BEGINNERS PILATES 6.30 - 7.30		REFORMER 6.30 - 7.30			

Bookings essential
phyxme.com.au/book-now