



**Body
Moves**

Class Timetable

www.bodymoves.com.au

Bookings: 03 9523 5222

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am				Private D			
6.30am		Private C			Private C		
7.00am							
7.30am			Private A				
8.00am					Private A		
8.30am	Debbie						
9.00am		Natalie	Debbie	Debbie			
9.30am	Debbie				Liz	Adam	
10.00am		Natalie Women	Debbie	Debbie			
10.30am	Debbie				Liz	Adam	
11.00am		Natalie	Adam	Debbie			
11.30am	Debbie				Liz	Adam	
12.00pm		Natalie	Debbie	Debbie			
12.30pm					Liz		
1.00pm	Adam						
1.30pm	Debbie		Debbie				
2.00pm		Adam	Adam	Adam			
2.30pm				Adam			
3.00pm		Private A					
3.30pm				Adam			
4.00pm							
4.30pm	Adam						
5.00pm		Adam					
5.30pm	Adam Male gp		Adam				
6.00pm		Adam		Adam	Private C		
6.30pm			Adam				
7.00pm						Private C	
7.30pm	Adam						
8.00pm		Private D	Adam				
8.30pm							

Studio and Clinical Pilates 1:4	Bookings are essential; classes run for 55 minutes and times are subject to change. New class times, 1:3 and 1:2 are also available on request. <i>Please give us 24 hours notice for cancellations, or a full session fee will be charged.</i>
Mat Pilates	Classes are conducted in small groups. Beginners are welcome. Comfortable clothing such as shorts or leggings is suggested and arriving 5 – 10 minutes early is recommended.
Yoga	
Meditation	
Enquiries	Private 1:1 and group tuition in above modalities is also available. Initial Assessments, Studio/Clinical Pilates, Physiotherapy consultations and Complementary Therapies are available and require advance booking. Please call 03 9523 5222 or email: info@bodymoves.com.au
Location	Body Moves, 107 Hawthorn Road, Caulfield North, Vic 3161