



North East Life Wangaratta

Clinical Pilates Groups

20 Chisholm Street Wangaratta

Ph 03 5722 1424



BOOKINGS ESSENTIAL

Current Group Timetable 2017

Group times are subject to change, please confirm booking.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---------------------|-------------------|
| 9:00am – 7:00pm | 6.20am – 4:00pm | 8.30am – 7:00pm | 6.20am – 7:00pm | 8:30am – 12:30pm | 7:30am – 9:30am |
| | 6.20am Independents only | | 6.20am Independents only | | 7:30 am – 8:30 am |
| | 7:15 am – 8:15 am | 8:30am - 9.30am | 7:15 am – 8:15 am | 8:30 am – 9:30 am | 8:30 am – 9:30 am |
| 9:00 am – 10:00 am | 9:00 am – 10:00 am | 9:30 am – 10:30 am | 9:30 am – 10:30 am | 9:30 am – 10:30 am | |
| 10:00 am – 11:00 am | 10:00 am – 11:00 am | 10:30 am – 11:30 am | 10:30 am – 11:30 am | 10:30 am – 11:30 am | |
| | | | | 11:30 am – 12:30 pm | |
| | | | | CLOSED 12:30PM | |
| CLOSED FOR LUNCH 11:00 am – 4:00 pm | CLOSED FOR LUNCH 11:00 am – 2:00 pm | CLOSED FOR LUNCH 11:30 am – 4:00 pm | CLOSED FOR LUNCH 11:30 am – 5:00 pm | | |
| | Movers & Shakers 2:00 pm – 3:00 pm | | | | |
| | Falls & Balance 3:00 pm – 4:00 pm | | | | |
| 4:00 pm – 5:00 pm | | 4:00 pm – 5:00 pm | | | |
| 5:00 pm – 6:00 pm | | 5:00 pm – 6:00 pm Please check for availability | 5:00 pm – 6:00 pm | | |
| 6:00 pm – 7:00 pm | | 6:00pm – 7:00pm | 6.00pm – 7:00pm Please check for availability | | |