



North East Life Yarrawonga

## Clinical Pilates Groups

24 Belmore Street Yarrawonga  
Ph 03 5743 1142



### BOOKINGS ESSENTIAL

#### Current Group Timetable

Group times are subject to change, please confirm booking.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am – 6:00 pm	7:00 am – 7:00 pm	8:00 am – 5:00 pm	7:00 am – 7:00 pm	8:00 am – 5:00 pm
	7:00 am – 8:00 am		7:00 am – 8:00 am	
8:00 am – 9:00 am	8:00 am – 9:00 am	8:00 am – 9:00 am	8:00 am – 9:00 am	8:00 am – 9:00 am
9:00 am – 10:00 am	9:00 am – 10:00 am	9:00 am – 10:00 am	9:00 am – 10:00 am	9:00 am – 10:00 am
10:00 am – 11:00 am	10:00 am – 11:00 am	Strength & Balance 10:00 am – 10:30 am	10:00 am – 11:00 am	Strength & Balance 10:00 am – 10:30 am
Strength & Balance 11:00 am – 11:30 am	11:00 am – 12:00 pm	Strength & Balance 10:30 am – 11:00 am	Strength & Balance 11:00 am – 11:30 am	Strength & Balance 10:30 am – 11:00 am
Strength & Balance 11:30 am – 12:00 am	Strength & Balance 12:00 pm – 12:30 pm	11:00am – 12:00 pm	Strength & Balance 11:30 am – 12:00 pm	11:00 am – 12:00pm
	Strength & Balance 12:30 pm – 1:00 pm			
4:00 pm – 5:00 pm	4:00 pm – 5:00 pm	4:00 pm – 5:00 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		5:00 pm – 6:00 pm	
	6:00 pm – 7:00 pm		6:00 pm – 7:00 pm	