THE MELBOURNE
Sports Medicine
CENTRE

Physiotherapy Exercise Group Timetable

Classes are a mixture of clinically appropriate exercises, which may include exercises delivered on pilates equipment or exercises drawn from pilates principles, that target your particular needs.

Timetable as at February 2020

Level 4 250 Collins Street Melbourne 3000

For appointments phone: 9650 9372 or book online at melbsportsmed.com.au

Class Time	Monday			Tuesday			Wednesday			Thursday			Friday			Sat
	Hannah	Scott		Polly	Hannah		Hannah			Polly	Scott		Hannah			Hannah
7:00 am																
8:00 am																
9:15 am																
10.00 am																
10:15 am																
12:15 pm																
12:30 pm																
4:30 pm																
5:15 pm																
6:15 pm																