



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 2022

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 Ware	Jessica Frydenberg	Kate Ryan	Hannah Ware	Kate Ryan	Liam Gellie	Hannah Ware
7:00 am							
8:00 am							
9:00 am							
10:00 am							
12:00 pm							
4:30 pm							
5:00 pm							