

Pilates at



Physiotherapy &
Injury Prevention Solutions

HEALTH FUND REBATES APPLY
ALL CLASSES INSTRUCTED BY
PILATES PHYSIOTHERAPISTS

Ph: 8361 8182

Strength Flexibility Body Awareness
Injury Prevention Core Strength
Mind-Body Balance

Class Details

*Dancers @pregnancy

Monday	Tuesday	Wednesday	Thursday	Friday
		7.45	7.45	8.00
			8.30	
	9.30		9.15	
	10.15		10.00	
			10.45	
			11.30@	
12.00	12.30	12.00	12.15	
	1.15		1.00	
	2.00		2.00	2.00
	2.45			
	3.45			
4.45*	4.30		4.30*	4.30
5.30	5.15	5.15	5.15	5.15
6.15	6.00	6.15	6.00	

North Adelaide Medical Centre, Suite 21, Level 2, 183 Tynte St North Adelaide 5006

www.prevent.net.au