

Spring Weekly Calendar

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6.00am	Reformer		Cardio Reformer	Physio Fit & Strong	Reformer	Barre	Physio Reformer		Reformer			
6.30am												
7.00am	Reformer		Reformer		Reformer	Fit & Strong	Physio Reformer		Reformer		Reformer	
7.30am												Barre
8.00am										Express HIIT Cardio Pilates	Cardio Reformer	
8.30am	Reformer		Reformer		Reformer		Reformer		Reformer			Matwork
9.00am											Reformer	
9.30am	Physio Reformer	Matwork	Reformer	Physio Matwork	Physio Reformer	Matwork	Reformer	Physio Matwork	Reformer	Physio Matwork		Barre
10.00am											Reformer	
10.30am	Reformer					Fit & Strong 55+	Stretch Reformer		Stretch Reformer	Fit & Strong 55+		
11.00am		Fit & Strong 55+										
12.00pm			Reformer									
4.00pm			Reformer									
4.30pm	Reformer				Reformer		Reformer					
5.00pm			Physio Reformer	Barre								
5.30pm	Reformer				Reformer	Express HIIT Cardio Pilates	Cardio Reformer					
6.00pm		Physio Strength	Reformer			Matwork		Physio Strength				
6.30pm		Roll & Release			Stretch Reformer		Reformer					
7.00pm				Physio Matwork								

Nextmove Gym Upstairs Level D, Suite 5

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