

# Group Class Timetable

Feb 2024

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Time												
6.00am	Reformer		Cardio Ref	Barre	Reformer	Barre	Reformer		Reformer			
6.30am												
7.00am	Reformer		Reformer	Matwork	Reformer	Barre	Reformer		Reformer		Reformer	
7.30am												Barre
8.00am				Barre						Barre	Reformer	
8.30am	Reformer		Reformer		Reformer		Reformer		Reformer			Matwork
9.00am											Reformer	
9.30am		Matwork	Reformer		Matwork		Reformer		Reformer			Barre
10.00am											Reformer	
10.30am	Reformer	Osteo Blast	Matwork		Reformer	Osteo Blast	Stretch Reformer		Reformer	Osteo Blast		
11.00am												
4.00pm			Reformer									
4.30pm	Reformer				Reformer		Reformer					
5.00pm				Barre								
5.30pm	Reformer				Reformer		Reformer					
6.00pm			Reformer			Matwork						
6.30pm		Mat Stretch			Stretch Reformer		Reformer					
7.00pm				Men's Core								



Endeavour Business Centre  
32 Endeavour Road  
Hillarys WA 6025

[admin@nextmovephysio.com.au](mailto:admin@nextmovephysio.com.au)

**(08) 9307 1244**