

**CLASS TIMETABLE**

<b>CLASS TYPE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>GYM</b> <i>(Physiotherapist/Exercise Physiologist)</i>	7am 1pm	6am 8am 5pm	11am	6am 12pm 6pm	7:30am 8:30am 3:30pm	8:30am
<b>REFORMER</b> <i>(Physiotherapist/Exercise Physiologist)</i>	6pm	10am 6pm	6pm	9am 6pm	7:30am	7:30am 8:30am
<b>PILATES</b> <i>(Pilates Instructor)</i>	7am Reformer 8:10am Mat 9:15am Fundamental	7:10am Mat 8am Reformer 4pm Reformer	7am Reformer 8am Reformer 9am Reformer	6:30am HIIT 7:10am Mat 8am Reformer	8:30am Reformer 9:30am Reformer 10:30am Reformer	9:30am Reformer
<i>Fundamental</i>	4pm Reformer 5pm Reformer	5pm Reformer	4pm Reformer 5pm Reformer			
<i>HIIT: Pilates x Strength Reformer</i>						
<i>Mat: Pilates x Strength Mat</i>						
<i>Reformer</i>						
<b>YOGA</b>		7pm				

Gym and Reformer classes: \$46 per class (can use private health)

10 pack for \$414 (\$41.40 per class)

20 pack for \$800 (\$40 per class)

Pilates classes: \$30 per class (no private health)

8 pack for \$208 (\$26 per class)

Yoga classes: \$25 per class

10 pack for \$200 (\$20 per class)

Camp Hill Physiotherapy & Exercise Centre

07 3398 9556

admin@camphillphysio.com.au

<https://www.camphillphysio.com.au/>

57 Samuel Street, Camp Hill LQD 4152 (corner of Samuel/Herbert Street)