**WEST PHYSIO & PILATES CLASS TIMETABLE**

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| --- | --- | --- | --- | --- | --- |
| **MON** | **TUE** | **WED** | **THURS** | **FRI** | **SAT** |
|  | **8:00am**  **Mixed Levels** |  |  | **8:00am**  **Mixed Levels** | **8:00am**  **Mixed Levels** |
|  | **9:00am**  **Advanced Beginners** | **9:00am**  **Park Pilates Advanced Beginners** | **9:00am**  **Mixed Levels** | **9:00am**  **Beginners** | **9:00am**  **Mixed Levels** |
|  |  | **10:00am**  **Beginners** | **10:00am**  **Core & Stretch** | **10:00am**  **Advanced Beginners** | **10:00am**  **Beginners** |
|  |  | **11:00am**  **Advanced Beginners** |  |  |  |
|  |  |  |  |  |  |
| **4:30pm**  **Beginners** | **4:30pm**  **Mixed Levels** |  | **4:30pm**  **Advanced Beginners** |  |  |
| **5:30pm**  **Mixed Levels** | **5:30pm**  **Advanced Beginners** |  | **5:30pm**  **Mixed Levels** |  |  |
| **7:00pm**  **Core & Stretch** | **7:00pm**  **Mixed Levels** |  | **7:00pm**  **Mixed Levels** |  |  |

West Physio & Pilates address: 4/75 Atkinson Road, Titirangi; Park Pilates address: Kaurilands Domain, 55 Atkinson Road, Titirangi

All classes need to be pre-booked. Classes held at West Physio & Pilates are only for those with valid vaccination certificates. Park classes open to everyone regardless of vaccination status

Booking a class: either book online via our website [www.westphysiopilates.co.nz](http://www.westphysiopilates.co.nz) or email [info@westphysiopilates.co.nz](mailto:info@westphysiopilates.co.nz) or text/call 02102695019.

24 hour cancellation policy applies to all pre-booked classes