**WEST PHYSIO & PILATES CLASS TIMETABLE**

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| --- | --- | --- | --- | --- | --- |
| **MON** | **TUE** | **WED** | **THURS** | **FRI** | **SAT** |
|  | **8am**  **All Levels** |  |  | **8am**  **All Levels** | **8am**  **All Levels** |
|  | **9am**  **Advanced Beginners** |  | **9am**  **All Levels** | **9am**  **Beginners** | **9am**  **All Levels** |
| **10am**  **All Levels** |  | **10am**  **Beginners** | **10am**  **Core & Stretch** | **10am**  **Beginners** | **10am**  **Intermediate** |
|  |  | **11am**  **Beginners** |  |  |  |
| **4:30pm**  **Beginners** |  |  |  |  |  |
| **5:30pm**  **All Levels** | **5pm**  **All Levels** |  | **5pm**  **Advanced Beginners** |  |  |
| **6:30pm**  **Core & Stretch** | **6pm**  **All Levels** |  | **6pm**  **All Levels** |  |  |
| **7:30pm**  **All Levels** | **7pm**  **All Levels** |  | **7pm**  **All Levels** |  |  |

West Physio & Pilates address: 4/75 Atkinson Road, Titirangi

All classes need to be pre-booked

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

24 hour cancellation policy applies to all pre-booked classes