

# EXERCISE CLASS TIMETABLE (Armadale)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:50AM					EXP FP	
8:30 AM		FP	S/W			
8:40 AM						P40
9:30 AM	FP				FP	EXP FP
9:40 AM		P40		P40		
2:00 PM	YOGA					
6:20 PM	PINC					
7.00 PM			P40			
<b>PINC</b>	- PINC REHAB CLASS (40 mins)			<b>CLASS PRICES</b> <b>STRENGTHWISE &amp; FITNESS PILATES</b> Casual - \$39.00 5 Class Pack - \$185.00 (\$37.00 per class) 10 Class Pack - \$351.00 (\$35.10 per class) <b>P40, PINC, EXPRESS FITNESS PILATES &amp; YOGAWISE</b> Casual - \$28.00 5 Class Pack - \$132.00 (\$26.40 per class) 10 Class Pack - \$252.00 (\$25.20 per class)		
<b>P40</b>	- PREG/POST NATAL CIRCUIT CLASS (40 mins)					
<b>S/W</b>	- STRENGTHWISE (60 mins)					
<b>YOGA</b>	- YOGAWISE (40 mins)					
<b>FP</b>	- FITNESS PILATES (60 mins)					
<b>EXP FP</b>	- EXPRESS FITNESS PILATES (40 mins)					
<b>Note:</b>						
Private Health Rebates Available Depending on Health Fund Cover						
*Packs are non-refundable and are to be paid prior to commencing your first class*						
<b>Fitwise Physiotherapy</b> Rear of 1095 High Street, Armadale Ph: (03) 9822 4999 <a href="http://www.fitwise.com.au">www.fitwise.com.au</a>						