

# ProStudio SA

Pilates • Gym • Rehabilitation • Personal Training

## Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class	<b>Strength for Life</b>		<b>Strength for Life</b>		<b>Strength for Life</b>	<b>Functional Combo</b>
Instructor	Andrew		Andrew		Andrew	Aaron - 0403 534 611
Time	9:00am - 9:40am		9:00am - 9:40am		9:00am - 9:40am	8:00am - 9:00am
Class	<b>Back 2 Rehab</b>		<b>Back 2 Rehab</b>		<b>Back 2 Rehab</b>	
Instructor	Andrew		Andrew		Andrew	
Time	9:40am - 10:20am		9:40am - 10:20am		9:40am - 10:20am	
Class	<b>Strength for Life</b>		<b>Strength for Life</b>		<b>Strength for Life</b>	
Instructor	Andrew		Andrew		Andrew	
Time	10:20am - 11:00am		10:20am - 11:00am		10:20am - 11:00am	
Class	<b>Diabetes Fitness</b>	<b>*Hydrotherapy</b>	<b>Diabetes Fitness</b>	<b>*Hydrotherapy</b>	<b>Diabetes Fitness</b>	
Instructor	Andrew	Molly	Andrew	Molly	Andrew	
Time	11:00am - 11:40pm	1:00pm - 2:00pm	11:00am - 11:40pm	1:00pm - 2:00pm	11:00am - 11:40pm	
Class	<b>Falls Prevention</b>	<b>Strength for Life</b>	<b>Falls Prevention</b>	<b>Strength for Life</b>	<b>Falls Prevention</b>	
Instructor	Andrew	Ben	Andrew	Andrew	Andrew	
Time	1:00pm - 1:40pm	1:40pm - 2:20pm	1:00pm - 1:40pm	1:40pm - 2:20pm	1:00pm - 1:40pm	
Class	<b>Strength for Life</b>	<b>Back 2 Rehab</b>	<b>Strength for Life</b>	<b>Back 2 Rehab</b>	<b>Strength for Life</b>	
Instructor	Andrew	Ben	Andrew	Andrew	Andrew	
Time	3:00pm - 3:40pm	3:40pm - 4:20pm	3:00pm - 3:40pm	4:20pm - 5:00pm	3:00pm - 3:40pm	
Class	<b>Back 2 Rehab</b>		<b>Back 2 Rehab</b>		<b>Back 2 Rehab</b>	
Instructor	Andrew		Andrew		Andrew	
Time	5:00pm - 5:40pm		4:20pm - 5:00pm		5:00pm - 5:40pm	
Class		<b>Functional Combo</b>	<b>AA Pilates</b>	<b>Functional Combo</b>		
Instructor		Aaron - 0403 534 611	Aaron - 0403 534 611	Aaron - 0403 534 611		
Time		6:00pm - 7:00pm	5:00pm - 6:00pm	6:00pm - 7:00pm		

\*Findon Swim School