



PEAK PHYSIO

Level 2, 23 Watt Street
 Newcastle NSW 2300
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 www.peak-physio.com.au

CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|------------------------|------------------------|---------------------------------------|---------------|
| AM | | | | | |
| 7am | PILATES Nick | PILATES Nick | | PILATES Nick | |
| 8am | PILATES Nick | PILATES Nick | | PILATES Nick | |
| 9am | STRENGTH & BALANCE Alexi | | | STRENGTH & BALANCE Nick | |
| 10am | | | | | |
| 11am | | | | | |
| PM | | | | | |
| 12pm | | PILATES Nick | | | |
| 1pm | | | PILATES Nick | | |
| | | | | | |
| 5.30pm | PILATES Nick | | | | |

PILATES: Equipment based, physiotherapist supervised, Clinical Pilates classes

STRENGTH & BALANCE: Group exercise class, conducted by physiotherapist, focuses on strength, balance, and managing/preventing age related physical changes such as osteoporosis, osteoarthritis, falls prevention, and more.

Classes are subject to demand and will adjust accordingly. These times may change without notice, as well as additional classes being scheduled as required. Please contact Peak Physio on 4929 3898 to check the timetable if unsure.