



Timetable

Come and Join us!

**Body
Moves**

www.bodymoves.com.au

Bookings: (03) 9523 5222

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
6.30am							
7.00am	General Yoga with Carey	General Yoga with Carey			General Yoga with Carey		
7.30am							
8.00am							
8.30am							
9.00am	Debbie			Debbie	Michelle	Adam/Michelle	
9.30am			Adam		Adam	Adam/Michelle	
10.00am	Debbie			Adam			
10.30am			Adam		Adam	Adam/Michelle	
11.00am	Debbie			Debbie			
11.30am					Adam	Adam/Michelle	
12.00pm				Debbie			
12.30pm	Adam				Michelle		
1.00pm	Michelle		Adam				
1.30pm	Michelle	Adam		Adam	Debbie		
2.00pm			Michelle				
2.30pm				Adam			
3.00pm							
3.30pm		Adam					
4.00pm			Adam				
4.30pm	Adam						
5.00pm		Adam	Michelle	Adam			
5.30pm	Adam						
6.00pm			Michelle	Adam			
6.30pm							
7.00pm	General Yoga with Adam						
7.30pm							
8.00pm							
8.30pm							
9.00pm							

Clinical Pilates	An individually tailored treatment method. Used in conjunction with mainstream Physiotherapy techniques. Private Health Insurance rebates may apply.
Yoga/Clinical Yoga	Classes are conducted in small groups. Beginners are welcome. Clinical yoga is by private appointment where practice is modified to suit presenting conditions. Comfortable exercise clothing and arriving 5 – 10 minutes early is recommended.
Bookings/Enquiries	Initial Assessments, Physiotherapy, Remedial Massage and Complementary Therapies are also available and require advance booking. Please call (03) 9523 5222 or email: info@bodymoves.com.au
Location	Body Moves, 107 Hawthorn Road, Caulfield North, Vic 3161