



# Group Physio (Clinical Pilates) Classes 2026

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Time: 8.45am</b> Physio: Tim Frith	<b>Time: 7.00am</b> Physio: Anthony Lance	<b>Time: 6.45am</b> Physio: Tim Frith	Time: <b>7.30am</b> Physio: Audrey Day	<b>Time: 8.45am</b> Physio: Nathan Powyer	<b>Time: 7.15am</b> Physio: by roster	
<b>Time: 9.30am</b> Physio: Tim Frith	<b>Time: 9.15am</b> Physio: Anthony Lance	<b>Time: 7.30am</b> Physio: Tim Frith	Time: <b>9.15am</b> Physio: Audrey Day	<b>Time: 10.00am</b> Physio: Nathan Powyer	<b>Time: 8.00am</b> Physio: by roster	
<b>Time: 10.15am</b> Physio: Tim Frith	<b>Time: 10.00am</b> Physio: Anthony Lance	<b>Time: 9.45am</b> Physio: Tim Frith	<b>Time: 10.30am</b> Physio: Audrey Day	<b>Time: 11.00am</b> Physio: Tim Frith	<b>Time: 8.45am</b> Physio: by roster	
<b>Time: 12.00pm</b> Physio: Tim Frith	<b>Time: 5.00pm</b> Physio: Tim Frith	<b>Time: 12.45pm</b> Physio: Anthony Lance	<b>Time: 4.45pm</b> Physio: Tim Frith	<b>Time: 1.15pm</b> Physio: Tim Frith	<b>Time: 9.30am</b> Physio: by roster	
<b>Time: 4.15pm</b> Physio: Anthony Lance	<b>Time: 5.45pm</b> Physio: Tim Mullane	<b>Time: 1.30pm</b> Physio: Anthony Lance	<b>Time: 5.45pm</b> Physio: Nathan Powyer			
<b>Time: 5.00pm</b> Physio: Anthony Lance	<b>Time: 6.30pm</b> Physio: Tim Mullane		<b>Time: 6.30pm</b> Physio: Nathan Powyer			
<b>Time: 6.30pm</b> Physio: Nathan Powyer	<b>Time: 7.15pm</b> Physio: Tim Mullane		<b>Time: 7.15pm</b> Physio: Nathan Powyer			
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