

BUNINYONG PILATES TIMETABLE

Bookings can be made online at www.eurekaosteo.com.au/oasis-bookings OR

by downloading the 'Wellness Living Achieve' client App.

PHI claiming codes for Clinical Exercise with (EP) Exercise Physiologist (502) and (P) Physiotherapist (560). No group code for (O) Osteopathy

MON	TUE	WED	THU	FRI	SAT
			6.15am All Levels Reformer Abby		8.00am All Levels Reformer Jody
	9.15am Over 55s Reformer Ellen O	10.30am Clinical Exercise Abby (EP)	7.15am Clinical Exercise Abby (EP)	9.30am All Levels Reformer El R	9:00am 5 Wk Beginners Course Jody (From 5/8)
3.30pm All Levels Reformer Tamika	10.15am All Levels Reformer Ellen O	11.30am Clinical Exercise Abby (EP)	8.15am Clinical Exercise Abby (EP)		
4.30pm Clinical Exercise Tamika (P)	11.15am Pre & Postnatal Pilates Ellen O (from 8/8)	12.30pm Clinical Exercise Abby (EP)	9.30am Clinical Exercise Abby (EP)		
5.30pm Clinical Exercise Tamika (P)		4.00pm Clinical Exercise Abby (EP)	10.30am Clinical Exercise Abby (EP)		
6.30pm All Levels Reformer Tamika	6.30pm Dynamic Reformer Shauna	5.00pm Clinical Exercise Abby (EP)	11:30am All Levels Reformer Abby		
7.30pm Pre & Post Natal Physio Tamika (P)	7.30pm All Levels Reformer Shauna	6.00pm Clinical Exercise Abby (EP)	5.30pm Dynamic Reformer Jody		
		7.00pm Clinical Exercise Abby (EP)	6.30pm All Levels Reformer Jody		



*Valid from 10/7/23 (Subject to change)