

Rosebud Classes Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:00	Group Pilates Emma	Group Pilates Jaymie	Group Pilates Emma	Group Pilates Emma	
9:00 – 10:00	Group Pilates Emma & Nital	Group Pilates Jaymie	Group Pilates Emma		Group Pilates 8:30 – 9:30 Nital
10:00 – 11:00		Group Pilates Andrew	Group Pilates Andrew & Jaymie	Group Pilates Mitch	Group Pilates 9:30 – 10:30 Nital & Jaymie
11:00 – 12:00	Group Pilates Nital	Group Pilates Nital	Group Pilates Jaymie	Group Pilates Emma	Group Pilates 10:30 – 11:30 Mitch
12:00 – 13:00					Group Pilates 11:30 – 12:30 Mitch
14:00 – 14:30	Gym Rehab Andrew	Group Pilates Nital	Group Pilates Emma		
14:30 – 15:00	Gym Rehab Andrew				
15:00 – 15:30	Gym Rehab Andrew		Gym Rehab Andrew	Gym Rehab Andrew	
15:30 – 16:00			Gym Rehab Andrew	Gym Rehab Andrew	
16:00 – 17:00			Group Pilates Jaymie		
17:00 – 18:00		Group Pilates Jaymie		Group Pilates Jaymie 16:30 – 17:00	
	Men's Pilates Mitch 17:15 – 18:00				
17:00 – 18:00	Group Pilates Mitch	Group Pilates Nital			

Lifecare Rosebud Physiotherapy

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Group Pilates 60 minutes – (Clinical Pilates) Individually tailored exercises focusing on core strength, lower limb strength, posture correction, full body strength + coordination, balance, mobility and injury prevention

“Reformer Pilates based group classes focused on building core strength and control, lower limb strength and alignment, improving posture and mobility”.

Gym Rehab Class 30 minutes– lower and upper limb strength + alignment, functional exercises, post-operative rehabilitation, arthritis management, hip and knee replacement prehab and rehab, falls and balance.

“Focus on lower and upper limb strength and alignment with functional exercises designed to improve symptoms of osteoarthritis, pre-operative and post-operative rehabilitation for hip and knee replacements, ACL injury, post fracture, general deconditioning and falls and balance prevention”.

Men’s Pilates 45 Minutes – (Clinical Pilates) Pilates exercises focusing on core strength, lower limb strength, posture correction, full body strength + coordination, balance, mobility, injury prevention.

“Men’s only Pilates based program with a focus on core and lower limb strength, mobility, coordination and postural control.”.

** All classes require physiotherapy assessment.

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