



# Timetable

Come and join us!

**Body  
Moves**

[www.bodymoves.com.au](http://www.bodymoves.com.au)

Bookings: (03) 95235222

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

<b>Movement Based Physiotherapy</b>	An individually tailored treatment method. Used in conjunction with functional training and mainstream Physiotherapy techniques.
<b>Pilates</b>	Classes to accommodate and challenge every individual from the absolute beginner to the experienced. Tailored to suit any age group: a combination of mat work, reformer, trapeze table and more.
<b>ZoomYoga/ Clinical Yoga</b>	Classes are live via Zoom. Clinical yoga by appointment. Tailored to suit conditions. Comfortable clothing and yoga mat needed. Contact Carey <b>0438 371 488</b> .
<b>Bookings/Enquiries</b>	Initial Assessments, Physiotherapy, Remedial Massage and Complementary Therapies are also available and require advance booking. Please call <b>(03)9523 5222</b> or email: <b>info@bodymoves.com.au</b>
<b>Location</b>	<b>Body Moves, 107 Hawthorn Road, Caulfield North, Vic 3161</b>