

Sandgate Physical Health Clinic
2023 / 2024 Christmas Pilates Timetable - LIFESTYLE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18/12/2023	19/12/2023	20/12/2023	21/12/2023	22/12/2023	23/12/2023
2023 Pilates timetable					CLINIC CLOSED
25/12/2023	26/12/2023	27/12/2023	28/12/2023	29/12/2023	30/12/2023
Christmas Day Public holiday	Boxing Day Public holiday	9:00am Lifestyle Mat (KC) 6:15pm Lifestyle Mat (NW)	8:45am Lifestyle Fitness (JC)	9:15am Lifestyle Stretch (NW)	8:00am Lifestyle Mat (NW)
1/01/2024	2/01/2024	3/01/2024	4/01/2024	5/01/2024	6/01/2024
New Years Day Public holiday	10:00am Lifestyle Mat (TM)	9:00am Lifestyle Equipment (KC) 6:15pm Lifestyle Stretch (NW)		9:15am Lifestyle Stretch (NW)	8:00am Lifestyle Mat (NW)
8/01/2024	9/01/2024	10/01/2024	11/01/2024	12/01/2024	13/01/2024
11:45 am Lifestyle Fitness (JC)	10:00am Lifestyle Mat (TM)	9:00am Lifestyle Mat (KC) 6:15pm Lifestyle Mat (NW)	8:30am Lifestyle Equipment (EW)	9:00am Lifestyle Fitness (AP)	2024 Pilates Timetable Commences

2023 / 2024 Christmas Pilates Timetable - CLINICAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18/12/2023	19/12/2023	20/12/2023	21/12/2023	22/12/2023	23/12/2023
2023 Pilates timetable					CLINIC CLOSED
25/12/2023	26/12/2023	27/12/2023	28/12/2023	29/12/2023	30/12/2023
Christmas Day Public holiday	Boxing Day Public holiday	5:00pm Clinical Equipment (AC)		9:00am Clinical Equipment (KC)	8:00am Clinical Equipment (KC)
1/01/2024	2/01/2024	3/01/2024	4/01/2024	5/01/2024	6/01/2024
New Years Day Public holiday	7:00pm Clinical Mat (EW)	12:00pm Clinical Equipment (EW)	9:00am Clinical Equipment (EW)	9:30am Clinical Equipment (NP or AC)	8:00am Clinical Equipment (EW)
8/01/2024	9/01/2024	10/01/2024	11/01/2024	12/01/2024	13/01/2024
9:45am Clinical Equipment (AC) 6:15pm Clinical Equipment (AC)	6:00pm Clinical Mat (KC)	11:15am Clinical Mat (EW) 7:15pm Clinical Equipment (SM)	6:45pm Clinical Equipment (KC)	10:00am Clinical Equipment (KC)	2024 Pilates Timetable Commences