

Be sure to check our online booking site for class changes or confirmation that class is running - [click here](#)



Core Fusion Pilates & Physiotherapy
ABN: 41 583 915 380

T 08 9306 8819
F 08 9306 8845
M 0407 266 872
E info@corefusion.net.au

Wanneroo Professional Centre
11/771 Wanneroo Road
Wanneroo WA 6065

REHAB - TERM 4 - 2011

CLASS TIMES: MON 17th Oct – Fri 17th Dec (9 wks)

	MON	TUE	WED	THUR	FRI	SAT
8.00						PREGNANCY Circuit
9.30		REHAB MAT		STUDIO CIRCUIT		
10:00					MUMS & BUBS rehab mat	
10.30				REHAB MAT foam roller		
11.45				MUM & TOTS		
<hr/>						
12:15						
6:30				STUDIO CIRCUIT 6.40pm rehab		
7:00		REHAB MAT				
7:40			INTRODUCTION TO PILATES			

XTEND BARRE & FLOOR - 2011

	MON	TUE	WED	THUR	FRI	SAT
8.00						
9.00						XTEND BARRE
9.30						
10:00			XTEND BARRE TBC			
10.30						
11.00						
<hr/>						
12:15		XTEND BARRE				
5.30	XTEND BARRE		XTEND BARRE 5.45pm			
6:30	XTEND BARRE		MAT 6.45pm			
7:00						
7:40	MAT		INTRODUCTION TO PILATES	XTEND BARRE		

INTRODUCTION classes will run the first Wednesday of every month.

REHAB classes are taken by a physio and health rebates apply - assessment required.

XTEND BARRE AND FLOOR classes - open to all – no assessment required. Clients need to be able to move and exercise without restriction. See website for full details www.corefusion.net.au

BOOKINGS ARE ESSENTIAL DUE TO SMALL CLASS SIZES

Other times / class types may be added dependant on demand and feedback.

Classes may be subject to change without notice.