

PILATES TIMETABLE



Hatched House

Hatched House Clinical Pilates classes are expertly led by physiotherapists, allowing you to take advantage of potential private health insurance claims, depending on your cover. Our classes offer stretching and strength-building exercises, all using reformers with a maximum of 6 participants per class.

To ensure your Pilates experience is tailored to your needs and focused on the correct techniques, you'll need an initial physio appointment before your first class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		Clinical Pilates				
9:00				Clinical Pilates	Private Pilates	Clinical Pilates
10:00		Clinical Pilates		Clinical Pilates	Clinical Pilates	
11:00						
12:00		Clinical Pilates			Clinical Pilates	
1:00						
2:00						
3:00			Clinical Pilates			
4:00				Clinical Pilates		
5:00				Clinical Pilates		

PHYSIO

Rosie

Adriane

Jessie

For more information and bookings please contact us:

 hatchedhouse.com.au

 hello@hatchedhouse.com.au

 03 7300 6319