

2019 October Holiday Classes

physiociseTM
your **BODY** your **LIFE**

See below to book one of our October holiday classes, as well as our Osteoarthritis and Women's Health workshops.

WILLOUGHBY

| | | | |
|------------|---------|---|------|
| Tue 1 Oct | 9.30am | Women's Health Workshop (90mins) with Jemma | \$55 |
| | 6.00pm | Holiday Class with Nat | \$35 |
| Thu 3 Oct | 9.15am | Holiday Class with Josie | \$35 |
| | 10.30am | Strong Bones Holiday Class with Josie | \$35 |
| Fri 4 Oct | 7.00am | Holiday Class with Josie | \$35 |
| Tue 8 Oct | 7.00am | Holiday Class with Jemma | \$35 |
| Wed 9 Oct | 6.00pm | Holiday Class with Kay | \$35 |
| Thu 10 Oct | 9.15am | Holiday Class with Josie | \$35 |
| | 10.30am | Strong Bones Holiday Class with Josie | \$35 |
| Sat 12 Oct | 9.00am | Holiday Class with Melissa | \$35 |

MOORE PARK

| | | | |
|-----------|---------|---|------|
| Tue 1 Oct | 9.15am | Holiday Class with Susie | \$35 |
| Fri 4 Oct | 9.30am | Core Burn Holiday Class with Dimity | \$35 |
| Tue 8 Oct | 9.30am | Osteoarthritis workshop (90mins) with Melinda | \$55 |
| | 11.30am | Women's Health Workshop (90mins) with Jemma | \$55 |
| Wed 9 Oct | 11.45am | Strong Bones Holiday Class with Maria | \$35 |
| | 6.00pm | Holiday Class with Sarah C | \$35 |

BOOK A HOLIDAY CLASS TODAY

WILLOUGHBY STUDIO
(02) 9958 2239
willoughby@physiocise.com.au

MOORE PARK STUDIO
(02) 8356 9666
moorepark@physiocise.com.au