



**Body
Moves**

Timetable

Come and Join us!

www.bodymoves.com.au

Bookings: (03) 9523 5222

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

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| Movement Based Physiotherapy | An individually tailored treatment method. Used in conjunction with functional training and mainstream Physiotherapy techniques. |
| Zoom Yoga/ Clinical Yoga | Classes are conducted live over internet via Zoom. Clinical yoga by private appointment where practice is modified to suit conditions. Laptop/Smartphone with internet connection and Zoom Ap required. Comfortable exercise clothing and yoga mat is recommended. Contact Carey 0438 371 488 to discuss or get link. |
| Bookings/Enquiries | Initial Assessments, Physiotherapy, Remedial Massage and Complementary Therapies are also available and require advance booking. Please call (03) 9523 5222 or email: info@bodymoves.com.au |
| Location | Body Moves, 107 Hawthorn Road, Caulfield North, Vic 3161 |