



Timetable

Come and join us!

**Body
Moves**

www.bodymoves.com.au

Bookings: (03) 95235222

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

Movement Based Physiotherapy	An individually tailored treatment method. Used in conjunction with functional training and mainstream Physiotherapy techniques.
ZoomYoga/ Clinical Yoga	Classes are live via Zoom. Clinical yoga by appointment. Tailored to suit conditions. Comfortable clothing and yoga mat needed. Contact Carey 0438 371 488 .
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