



# Timetable

Come and join us!

**Body  
Moves**

[www.bodymoves.com.au](http://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					Adam		
9.00am	Debbie			Debbie	Adam		
9.30am					Adam		
10.00am	Debbie			Debbie			
10.30am		Adam			Cera		
11.00am	Debbie		Adam	Debbie	Cera		
11.30am			Debbie	Debbie	Cera		
12.00pm							
12.30pm	Adam		Adam	Adam	Cera		
1.00pm							
1.30pm	Adam	Adam					
2.00pm				Adam			
2.30pm							
3.00pm							
3.30pm		Adam					
4.00pm							
4.30pm		Adam					
5.00pm			Cera	Adam			
5.30pm	Adam	Adam					
6.00pm							
6.30pm							
7.00pm							
7.30pm							

<b>Movement Based Physiotherapy</b>	An individually tailored treatment method. Used in conjunction with functional training and mainstream Physiotherapy techniques.
<b>ZoomYoga/ Clinical Yoga</b>	Classes are live via Zoom. Clinical yoga by appointment. Tailored to suit conditions. Comfortable clothing and yoga mat needed. Contact Carey <b>0438 371 488</b> .
<b>Bookings/Enquiries</b>	Initial Assessments, Physiotherapy, Remedial Massage and Complementary Therapies are also available and require advance booking. Please call <b>(03) 9523 5222</b> or email: <b>info@bodymoves.com.au</b>
<b>Location</b>	<b>Body Moves, 139 Hawthorn Road, Caulfield North, Vic 3161</b>