



Lively Physiotherapy & Pilates Studio

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Pilates Rehab Studio
 1/1319 Pacific Highway
 Turrumurra, NSW, 2074

Pilates Mat Studio
 1394 Pacific Highway
 Turrumurra, NSW, 2074

PHYSIO EXERCISE PROGRAM (PEP)

PHYSIOTHERAPISTS: Sylvia Yong-Gonzales, Christina Munton, Stephanie Tang, Sally Ting, Jae Kim, Teresa Uymatiao, Roger Lay, Debbie Virdi

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am		✓				
8 am	✓	✓	✓	✓	✓	✓
9 am	✓	✓	✓	✓	✓	✓
10 am	✓	✓	✓	✓	✓	✓
11 am	✓	✓	✓	✓	✓	✓
12 pm	✓					
3:45 pm	✓	✓				
4:45 pm	✓	✓	✓	✓		
5:45 pm	✓	✓	✓	✓		
6:45 pm		✓	✓	✓		

STUDIOPIILATES

INSTRUCTOR: Julie Vawdrey

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	✓					
7 am	✓					
8 am	✓					
12 pm			✓			
1 pm			✓			
2 pm			✓			

MATPIILATES

INSTRUCTORS: Jeanette Lasek, Roger Lay, Stephanie Tang

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	✓		✓		✓	
8:30 am				✓		✓
9:30 am		✓		✓		
10 am	Seniors					
6 pm		✓				
7 pm	✓					

MEDITATION

INSTRUCTOR: Jeanette Lasek

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 am						✓

Mat & meditation class 2019 term dates:

Term 1: 29 Jan - 12 Apr (11 weeks)

Term 2: 29 April - 5 July (11 weeks)

Term 3: 22 July – 27 Sep (11 weeks)

Term 4: 14 Oct – 20 Dec (10 weeks)

For pricing and availability please phone 8065 0715 or email us at admin@livelyphysio.com.au.