

ALPHINGTON EXERCISE & REHABILITATION CENTRE

376 Heidelberg Road, Fairfield

Ph: (03) 94825211

Fax: (03) 94825266

GYM CLASS TIMES

MONDAY 7.30am-9.00am
 12.00pm-1.00pm
 7.00pm-8.00pm

TUESDAY 8.00am-9.00am
 6.30pm- 8.00pm

WEDNESDAY 5.45pm-6.45pm

THURSDAY 10.00am-11.00am
 7.00pm-8.00pm

FRIDAY 8.00am-9.00am
 11.30am-12.30pm
 6.30pm

SATURDAY 9:30-10:00am

Gym sessions can be 1:1 with a physiotherapist or in a group class of 4

Please ask one of our reception staff if you require any more details about the gym

A CANCELLATION FEE WILL APPLY IF YOU FAIL TO ATTEND OR DO NOT GIVE 24HRS NOTICE