

## GROUP EXERCISE CLASS TIMETABLE

Effective 20 November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>7:30AM</u></b>						
	7:45-8:15am	7:45-8:15am		7:45-8:15am	7:45-8:15am	
	8:15-8:45am	8:15-8:45am		8:15-8:45am	8:15-8:45am	8:15-8:45am
	8:45-9:15am	8:45-9:15am		8:45-9:15am	8:45-9:15am	8:45-9:15am
	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am	9:15-9:45am
	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am	9:45-10:15am
	10:15-10:45am		10:15-10:45am	10:15-10:45am	10:15-10:45am	10:15-10:45am
						10:45-11:15am
						11:15-11:45am
					11:45am-12pm	
<b><u>12.00PM</u></b>						
	12:15-12:45pm	12:15-12:45pm	12:15-12:45pm			
	12:45-1:15pm	12:45-1:15pm	12:45-1:15pm		12:45-1:15pm	
				1:15-1:45pm		
<b><u>5.00PM</u></b>						
	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm	5:15-5:45pm		
	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm		
	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm	6:15-6:45pm		
6:45-7:15pm	6:45-7:15pm	6:45-7:15pm	6:45-7:15pm			

*\*Please read the Class Protocols on the following page\**

**Packages:** 10 Visit passes are available to purchase at reception

Please note: **Cancellation fees** do apply if you **fail to attend** or do not **provide 24 hours notice**.

All **packages** are **non-refundable** and are **valid for 12 months** from **date of purchase**.

Classes are **subject to change** due to unforeseen circumstances and number of class participants.

## Group Exercise - Class Protocols

To ensure the health and safety of all patients and staff, the following protocols must be adhered to for our Group Exercise Classes:

- While masks are no longer mandatory on our premises, we respect a patient's preference to wear a mask and practitioners will offer to also wear a mask when consulting them.
- Access restrictions:
  - Class times must be strictly adhered to. The Exercise Area can only be accessed during the time of your scheduled class. If you wish to warm up before class, perhaps go for a walk or run around the park or ride your bike to class.
  - Participants will need to wait until they are invited into the Exercise Area by the supervising Physiotherapist.
- You must wipe down all equipment after each use. You will be provided with your own sanitiser spray bottle and paper towels to do so.
- In the last few minutes of each class please ensure all the equipment you have used has been sanitised. Please leave the equipment as you would like to find it. If you need assistance, please ask the supervising Physiotherapist.
- Please ask the attending Physiotherapist to rearrange any weights you need to adjust on the machines.
- Please ensure socks &/or shoes are worn at all times when using Gym Equipment. Please only wear socks on Pilates Equipment.
- Please bring your own drink bottle to class.
- Please bring a (electronic or printed) copy of your exercise program with you to each class.
- Other Physiotherapists may be in the Exercise Area with individual patients for one-on-one appointments during class time. They will be adhering to the same protocols.
- Please do not attend a class if you are unwell. If cancelling for any other reason: cancellation fees may apply if you fail to attend or do not provide 24 hours notice.