



GROUP EXERCISE CLASS TIMETABLE

Effective 21 November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM							
	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
12.00PM							
	12:15-12:45pm	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		
5.00PM							
	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				
7:15-7.45pm	7:15-7.45pm	7:15-7.45pm					

Please read the (COVID19) 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 Classes - COVID19 Protocols

Due to the ongoing Coronavirus (COVID-19) situation, and to ensure the health and safety of all patients and staff, the following protocols must be adhered to for our Group Exercise Classes:

- Please remain 1.5m apart from other class participants and staff at all times.
- Masks are not required when you can maintain physical distancing. When physical distancing is not possible, class participants are recommended to wear a mask.
- Practitioners will continue to wear masks (P2 or surgical) and masks are to be replaced every 4 hours.
- Access restrictions to ensure physical distancing:
 - 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 physical distancing and sanitisation 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.