

GROUP EXERCISE CLASS TIMETABLE

Effective 23 March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM					7:00-7:30am		
	7:15-7:45am	7:15-7:45am					
			7:30-8:00am	7:30-8:00am	7:30-8:00am		
	7:45-8:15am	7:45-8:15am					
			8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am	
	8:15-8:45am	8:15-8:45am					
			8:30-9:00am	8:30-9:00am	8:30-9:00am	8:30-9:00am	
		8:45-9:15am					
	9:00-9:30am		9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	
		9:15-9:45am					
	9:30-10:00am		9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am	
		9:45-10:15am					
	10:00-10:30am		10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	
		10:15-10:45am					
	10:30-11:00am		10:30-11:00am	10:30-11:00am	10:30-11:00am	10:30-11:00am	
		10:45-11:15am					
	11:00-11:30am				11:00-11:30am	11:00-11:30am	
	11:30-12:00pm				11:30-12:00pm	11:30-12:00pm	
12.00PM	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	
	12:30-1:00pm	12:30-1:00pm	12:30-1:00pm	12:30-1:00pm	12:30-1:00pm	12:30-1:00pm	
					1:00-1:30pm		
					1:30-2:00pm		
5.00PM	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm		
	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		
	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm			
	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm			
	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm			
	7:30-8:00pm	7:30-8:00pm	7:30-8:00pm	7:30-8:00pm			
	8:00-8:30pm						

Due to the current Coronavirus (COVID-19)

situation, our Group Exercise Classes have been

suspended until further notice.

We encourage patients to book an appointment with their Physio to develop an individualised home-based exercise program.

Alternatively, appointments can be a one-on-one session in the Exercise Area where the physical distancing rules can be adhered to and equipment can be sanitised before and after use.

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.