

physio exercise groups on the waterfront



physio exercise group times

	mon	tues	wed	thurs	fri		sat
6.30am							
7.00am		suzie	marcus		marcus		
7.30am	marcus		andrew	rochelle	andrew	marcus	
8.00am		suzie	ali	rochelle	marcus		ali
8.30am	marcus		andrew	tash	andrew	marcus	rotating
9.00am		tash	ali	rochelle	marcus		ali
9.30am	marcus		andrew	tash	andrew	gemma	rotating
10.00am		tash		andrew			tash
10.30am	suzie		gemma	tash	sophie	gemma	rotating
11.00am			fran				tash
11.30am	suzie		marcus	marcus	sophie	andrew	rotating
12.00pm		sophie			gemma		
12.30pm	ali		marcus	marcus	tash	andrew	
1.00pm		sophie			gemma		
1.30pm	ali		marcus	sophie	tash	sophie	
2.00pm			suzie				
2.30pm	andrew		fran	sophie		sophie	
3.00pm							
3.30pm	marcus		ali		ali		
4.00pm							
4.30pm	marcus		ali	sophie	ali	ali	
5.00pm		sophie		sophie	ali	rochelle	ali
5.30pm	andrew			marcus		sophie	
6.00pm				sophie		rochelle	
6.30pm	andrew			marcus	sophie		
7.00pm		sophie		marcus		rochelle	
7.30pm	andrew		gemma	marcus	sophie		
8.30pm		sophie	gemma		ali		

minimum of 12 hours notice is required if unable to attend your session

or a cancellation fee of \$15 will be charged

bookings essential

*timetable effective April 2019, classes subject to change without notice

packages of 5, 10 and 20 group sessions are available