

physio exercise groups on the waterfront



physio exercise group times

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

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 July 2019, classes subject to change without notice

packages of 5, 10 and 20 group sessions are available