

## Physio Group Exercise Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am – Emil		8am – Jason		8am – Rashmi	8am – Lisa/Jason
8.45am – Jason	8.45am – Rashmi		8.45am – Lisa	8.45am – Rashmi	8.45am – Lisa/Jason
9.30am – Jason	10am – Lisa	9.30am – Emil	9.30am – Lisa	10am – Jason	9.30am – Lisa/Jason
		11.30am – Emil			
1.15pm – Lisa				1pm – Jason	
2pm – Lisa	2pm – Lisa	2pm – Jason		2pm – Jason	
	3:45pm – Rashmi				
4.30pm – Emil	4.30pm – Jason	4.30pm – Jason	4.30pm – Jason		
6pm – Jason	5.30pm – Jason	5.15pm – Emil	5.30pm – Jason		

Classes are 45 minutes in duration

Please call 8295 1294 for any cancellations to avoid a non-attendance fee.