

Physio Group Exercise Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am – Emil	8am – Duncan	8am – Debbie		8am – Debbie	8am – Lisa/Sumin
8.45am – Emil	8.45am – Duncan	8.45am – Emil	8.45am – Lisa	8.45am – Debbie	8.45am – Lisa/Sumin
9.30am – Emil	10am – Lisa	9.30am – Emil	9.30am – Lisa	10am – Duncan	9.30am – Lisa/Sumin
		11.30am – Emil			
1.15pm – Lisa				1pm – Debbie	
2pm – Lisa	2pm – Lisa	2pm – Sumin		2pm – Peter	
4.30pm – Emil	4.30pm – Peter	4.30pm – Sumin	4.30pm – Peter		
	5.30pm – Peter	5.15pm – Sumin	5.30pm – Peter	5pm – Peter	
6pm – Sumin					

Classes are 45 minutes in duration

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