



CLINICAL EXERCISE SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	EQUIPMENT (Flavia) 8-9AM	EQUIPMENT (Isabel) 8.30-9.30	EQUIPMENT (Flavia) 7-8 AM	EQUIPMENT (Christine) 8.30-9.30
	EQUIPMENT (Flavia) 9-10AM	MUMS&BUBS (Laura) 9.45-10.45	EQUIPMENT (Flavia) 8-9 AM	MAT (Christine) 9.30-10.30AM
MAT (Shelley) 10-11AM	EQUIPMENT (Flavia) 10-11AM		EQUIPMENT (Flavia) 9-10AM	
FIT + ACTIVE (Isabel) 11AM-12PM	FIT + ACTIVE (Christine) 11AM-12PM		EQUIPMENT (Flavia) 9-10AM	FIT + ACTIVE (Georgia) 11AM-12PM
EQUIPMENT (Isabel) 12-1PM	EQUIPMENT (Georgia) 12-1PM	EQUIPMENT (Georgia) 12-1PM	FIT + ACTIVE (Georgia) 11AM-12PM	EQUIPMENT (Christine) 12-1PM
	MUMS&BUBS (Georgia) 1.45-2.45		EQUIPMENT (Flavia) 4.30-5.30	
	EQUIPMENT (Flavia) 5-6PM		EQUIPMENT (Flavia) 5.30-6.30	
	MAT (Flavia) 6-7PM	PREGNANCY (Georgia) 6PM – 7PM	EQUIPMENT (Flavia) 6.30-7.30PM	
	EQUIPMENT (Flavia) 7-8PM			

Physio led classes are available for private health refund

Please note all classes require an initial assessment with a Physiotherapist before commencement

ALL YOU NEED TO KNOW ABOUT OUR CLASSES...

Equipment Classes focusing on developing strength, posture and flexibility, these intimate classes are tailored to the individuals needs in an environment that is safe, fun and challenging!

Mat classes are a dynamic and enjoyable way to strengthen and condition your entire body. This small group class focuses on core control, spinal mobility and postural awareness.

Post-Natal Classes (“Mums&Bubs”) specifically designed to be safe for the pelvic floor whilst also targeting abdominal separation, this class features a mixture of rehabilitation and Pilates. This class is baby friendly!

Pregnancy Classes are a safe form of exercise to ensure a healthy pregnancy as well as functionally preparing your body for late stage pregnancy, birth and the early post-natal period.

Fit and Active Classes are fun and safe exercise classes, which are catered towards people over 50. These classes focus on strength, mobility and falls prevention in an interactive and enjoyable manner.

In the event of cancellations, 24 hours' notice is required. Any cancellations within this period will incur a \$20 fee as per our cancellation policy.