

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
7:30am-8:30am	7:30am Hydrotherapy Session 1 8:00am Hydrotherapy Session 2		7:30am Hydrotherapy Session 1 8:00am Hydrotherapy Session 2		7:30am Hydrotherapy Session 1 8:00am Hydrotherapy Session 2	
8:30am-9:30am		8:40am Reformer (Tahnee)		8:40am Large Group Clinical Exercise: GLA:D program (Matt)	9:00am Reformer	9:00am Reformer
9:30am-10:30am	9:30-10:30 Large Group Clinical Exercise (Jack)	9:40 Reformer 10:20am Reformer				
10:30am-11:30am		11:20am Reformer				
Afternoon Classes						
12:00-1pm	12:00pm Reformer					
1:00pm-2:00pm	1:00pm Large Group Clinical Exercise: GLA:D program 2:00pm Hydrotherapy Session 3 2:30 pm Hydrotherapy Session 4	1:20pm Reformer			2:00pm Hydrotherapy Session 3 2:30 pm Hydrotherapy Session 4	
Evening Classes						
5:30pm-6:30pm		5:30pm Large Group Clinical Exercise (Jack)				
6:30pm-7:10pm		6:30pm Small Group Rehab Clinical Exercise (Jack)				

*Note: All floor classes currently have a maximum of 6 participants. Booking is essential for all classes. Health fund rebates may be available for Clinical Exercise and Reformer classes. Packs are available for floor classes – please enquire at reception for more details. Clients attending class **MUST** have had an initial assessment and independent instruction session with a physiotherapist at Beleura Health Solutions. HICAPS / EFTPOS facilities available at Reception.

