

## Class Timetable April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am		CES Jerome		CES Ben	CES Josh
9:00am	CES Alex	CES Josh	CES Josh		CES Jerome
10:00am	CES Jerome	O60 Jerome	O60 Josh	O60 Josh	O60 Jerome
11:00am	O60 Jerome	O60 Jerome	O60 Ben	O60 Alex	CES Bev
12:00pm	CES Jerome		CES Alex	CES Josh	CES Bev
Afternoon	CES *2pm Jerome			CES *3:30pm Alex	
Evening	CES *5:30 pm Alex		CES *5pm Josh	CES *5pm Josh	

### Clinical Exercise Session (CES)

- 1 hour small group (up to 6)
- Fully individualised
- For people with injury requiring focussed rehabilitation or people with evolving athletic goals
- Involves: pilates, cardio, strength, balance and plyometric training
- Assessment required prior
- Includes GLA:D Participants

### Over 60's Exercise (O60)

- 1 hour large group (up to 12)
- Semi individualised
- Targeted for people with stable programs and looking to reduce falls risk, improve bone health and OA
- Involves: pilates, cardio, strength and balance training
- Assessment required prior

Call us on 9509 8844 to enquire on availability and costs.