

Class Timetable December Holidays

	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
8:00am		CES Jerome		Closed	Closed
9:00am			CES Josh	Closed	Closed
10:00am	CES Jerome		O60 Josh	Closed	Closed
11:00am	O60 Jerome	O60 Jerome		Closed	Closed
12:00pm	CES Jerome		Closed	Closed	Closed
Afternoon	CES *2pm Jerome		Closed	Closed	Closed
Evening		CES *5:30 pm Alex	Closed	Closed	Closed

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

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.

Class Timetable December Holidays

	Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd
8:00am	Closed			Closed	CES Josh
9:00am	Closed		CES Josh	Closed	CES Jerome
10:00am	Closed		O60 Josh	Closed	O60 Jerome
11:00am	Closed	O60 Josh	O60 Ben/Alex	Closed	CES Bev
12:00pm	Closed			Closed	CES Bev
Afternoon	Closed		Closed	Closed	
Evening	Closed		Closed	Closed	

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Class Timetable January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am		CES Jerome		CES Ben	CES Josh
9:00am			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 Josh	CES Bev
Afternoon	CES *2pm Jerome			CES *4pm Alex	
Evening		CES *5:30 pm Alex	CES *5:30pm Josh	CES *5pm Josh	

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- Semi individualised
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