

Class Timetable November 2025

	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 Ben	O60 Josh	O60 Jerome
11:00am	O60 Jerome	O60 Jerome	O60 Ben	O60 Alex	CES Bev
12:00pm	CES Jerome	S&C (12:15pm)	S&C (12:15pm)	CES Josh	CES Bev
2:00pm	CES Jerome			CES Alex	
5:30pm		CES Alex	CES Josh	CES *5pm Josh	

Clinical Exercise Session (CES)

- 1 hour small group
- 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

Strength and Conditioning (S&C)

- 45 minute large group
- Group exercise session
- For healthy individuals looking to work out and stay fit
- A HIIT session of pilates, cardio, strength and plyometric training
- No assessment required

Over 60's Exercise (O60)

- 1 hour large group
- 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.