

Class timetable

Maroubra

Please bring along a Towel, Water bottle & Grips socks.

MONDAY

AM

7:00 - Clinical exercise
8:00 - Clinical exercise
9:00 - Clinical exercise
10:00 - Clinical exercise

PM

4:30 - Clinical exercise
5:30 - Clinical exercise
6:30 - Clinical exercise

TUESDAY

AM

6:30 - Clinical exercise
7:30 - Clinical exercise
8:30 - Clinical exercise
9:30 - **Group Mat Class**
10:30 - Clinical exercise

PM

4:30 - Clinical exercise
5:30 - Clinical exercise
6:30 - **Yoga Class**

WEDNESDAY

AM

8:00 - Clinical exercise
9:00 - Clinical exercise
10:00 - Clinical exercise
11:00 - **Bone & Body**

PM

4:00 - Clinical exercise
5:00 - Clinical exercise
6:00 - **Group Mat Class**

THURSDAY

AM

8:00 - Clinical exercise
9:00 - Clinical exercise
10:00 - Clinical exercise

PM

4:30 - Clinical exercise
5:30 - Clinical exercise

FRIDAY

AM

6:30 - Clinical exercise
7:30 - Clinical exercise
8:30 - Clinical exercise
9:30 - Clinical exercise
10:30 - Clinical exercise
11:30 - **Bone & Body**

SATURDAY

AM

7:30 - Clinical exercise
8:30 - Clinical exercise
9:30 - **Group Mat Class**
10:30 - Clinical exercise
11:30 - Clinical exercise

Classes have limited spots & fill up quickly

If full you may ask to be waitlisted at reception until a spot in the desired class has availability.

★ ***New Clients to Classes will be required to complete an initial Assessment with a Physiotherapy at the clinic prior to commencement. This is to observe your posture & movement, then identify areas that need strengthening & stretching.***

Our classes incorporate Physiotherapy - based & Pilates exercises.

Clients with Private Health Insurance may be able to claim classes.

Single visit clients can claim through reception at start of class with their Health Fund membership card. Clients who purchase Class Pass packs 5 or 10, will be able to claim themselves through their Health Insurance once all passes have been redeemed.

Class Codes : Clinical Exercise 560, Group Mat Class 561, Bone & Body 561, Kids Strength & Concitioning 561

lifecare