

CLASS TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri
OPEN GYM REHAB 8am – 9.30am					
9:30am		CLINICAL EXERCISE with Salla	CLINICAL EXERCISE with Stu		CLINICAL EXERCISE with Salla
10.30am	HYDRO with Salla	CLINICAL EXERCISE with Salla	CLINICAL EXERCISE with Salla	HYDRO with Salla	
OPEN GYM REHAB 11.30am – 4.30pm					
4.30pm	CLINICAL EXERCISE with Salla				
5:30pm				CLINICAL EXERCISE with Salla	
6.00pm			MEN'S CORE with Salla		
6.30pm		CLINICAL EXERCISE with Stu			
7.30pm			MEN'S CORE with Salla		

Inform Physio and Fitness

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PHYSIOTHERAPY + MASSAGE + PILATES + EXERCISE REHAB + SPORTS CONDITIONING