

CLASS TIMETABLE

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

Inform Physio and Fitness

Suite F 2.03, Menai Central, 5-21 Carter Road, Menai NSW 2234 TEL 02 9543 1888 FAX 02 9543 0086

EMAIL info@informphysiotherapy.com.au WEB www.informphysiotherapy.com.au ABN 89 101 938 265

PHYSIOTHERAPY + MASSAGE + PILATES + EXERCISE REHAB + SPORTS CONDITIONING