



CLASS TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat
OPEN GYM REHAB 7.30am – 9.30am						8am PILATES MAT with Salla
9.15am	CLINICAL EXERCISE with Salla					
9:30am		CLINICAL EXERCISE with Salla	CLINICAL EXERCISE with Stu		CLINICAL EXERCISE with Stu	
10.30am	HYDRO 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		
6.30pm		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