



PHYSIO EXERCISE CLASS TIMETABLE

As of 21st August 2025

177 Prospect Road, Prospect SA

** Classes run for 45 minutes*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am	PEC with Lauren	PEC with Andrew			PEC with Tien	PEC with Claudia
10.00am	PEC with Gavin		PEC with Lauren	PEC with Cathy	PEC with Cathy	
11.00am					Exercise Physiology with Peter	
12:00pm			Exercise Physiology with Peter			
1:00pm			PEC with Gavin			
2:00pm	Exercise Physiology with Peter					
5.00pm		PEC with Claudia	PEC with Andrew	PEC with Claudia		
6.00pm		PEC with Lauren		PEC with Gavin		



PHYSIO EXERCISE CLASS TIMETABLE

As of 21st August 2025

222 Kensington Road, Marryatville

** Classes run for 45 minutes*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am					PEC with Olivia	PEC with Olivia
9.00am	PEC with Chrissy	PEC with Tien	PEC with Alistair	PEC with Chrissy		
10.00am	PEC with Alistair	PEC with Chrissy	PEC with Olivia	PEC with Chrissy	PEC with Olivia	
11.00am		PEC with Olivia	PEC with Alistair	PEC with Olivia/Chrissy	PEC with Olivia	
12:00pm		PEC with Chrissy				
5.00pm	PEC with Chrissy	PEC with Chrissy		PEC with Chrissy		

EXERCISE CLASS TIMETABLE

As of 24th August 2026

236-238 Main Road, Blackwood SA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am		7:30am Chloe	7:30am Bailey	7:30am Natalie/Jacob	7:30am Tyla	7:30am Aaron
8:15am		8:15am Tyla		8:15am Natalie/Jacob	8:15am <i>Quiet Class</i> Chloe	8:15am Aaron/Bailey/Monique/Tyla/Jacob
9:00am	9:00am Bailey	9:00am Tyla	9:00am <i>Quiet Class</i> Claudia	9:00am Natalie/Jacob	9:00am Aaron	9:00am Aaron/Bailey/Monique/Tyla/Jacob
9:45am	9:45am Monique	9:45am Monique	9:45am Tyla	9:45am Bailey	9:45am Natalie	9:45am Aaron/Bailey/Monique/Tyla/Jacob
10:30am	10:30am Tyla	10:30am Monique		10:30am Bailey	10:30am Natalie	10:30am Aaron/Bailey/Monique/Tyla/Jacob
11:15am	11:15am Tyla	11:15am <i>Neuro Class</i> Chloe				
2:00pm	2:00pm <i>Quiet Class</i> Monique	2:00pm <i>Quiet Class</i> Jacob		2:00pm Monique	2:00pm Aaron	
4:00pm	4:00pm <i>Teen Class*</i> Bailey		4:00pm <i>Teen Class*</i> Tyla	4:00pm Bailey		
4:45pm	4:45pm Jacob		4:45pm Aaron			
5:30pm	5:30pm Monique		5:30pm Monique			
6:15pm	6:15pm Monique	6:15pm Jacob	6:15pm Jacob	6:15pm Tyla		
7:00pm			7:00pm Jacob			

**Please note: Teen classes are term based and don't run during the school holidays.*