



PHYSIO EXERCISE CLASS TIMETABLE

As of Jan 2021

Classes run for 45 minutes

177 Prospect Road, PROSPECT SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am			Class at 8am <i>Claudia</i>			
9.00am	Class at 9am <i>Kelsey</i>	Class at 9am <i>Olivia</i>		Class at 9am <i>Lauren</i>	Class at 9am <i>Claudia</i>	Class at 9am <i>Kelsey/Claudia</i>
10.00am	Class at 10am <i>Lauren</i>		Class at 10am <i>Lauren</i>	Class at 10am <i>Sam</i>	Class at 10am <i>Sam</i>	Class at 10am <i>Kelsey/Claudia</i>
11.00am	Unsupervised Membership Access 11:00am- 4:00pm	Class at 11am <i>Claudia</i>	Class at 11am <i>Claudia</i>	Class at 11am <i>Lauren</i>	Class at 11am <i>Kelsey</i>	
12:00pm		Unsupervised Membership Access 12:00pm-5:00pm		Unsupervised Membership Access 12:00pm- 5:00pm	Unsupervised Membership Access 12:00pm – 4:00pm	
2:00pm			Class at 2pm <i>Kelsey</i>			
4.00pm	Class at 4pm <i>Sam</i>					
5.00pm	Class at 5pm <i>Kelsey</i>	Class at 5pm <i>Lauren</i>	Class at 5pm <i>Lauren</i>	Class at 5pm <i>Sam</i>		
6.00pm	Class at 6pm <i>Claudia</i>	Class at 6pm <i>Olivia</i>	Class at 6pm <i>Sam</i>	Class at 6pm <i>Olivia</i>		



PHYSIO EXERCISE CLASS TIMETABLE

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Classes run for 45 minutes

8/365 Shepherds Hill Road, BLACKWOOD SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Class at 8am <i>Hannah</i>		Class at 8am <i>Nat</i>	Class at 8am <i>Erin</i>	Class at 8am Hannah/Erin
9:00am	Class at 9am <i>Nat</i>	Class at 9am <i>Hannah</i>	Class at 9am <i>Alistair</i>	Class at 9am <i>Nat</i>	Class at 9am <i>Erin</i>	Class at 9am Alistair/Olivia
10:00am	Class at 10am <i>Nat</i>	Class at 10am <i>Alistair</i>	Class at 10am <i>Olivia</i>	Class at 10am <i>Erin</i>	Class at 10am <i>Alistair</i>	Class at 10am Alistair/Olivia
11:00am	Class at 11am <i>Alistair</i>	Class at 11am <i>Alistair</i>	Unsupervised Membership Access 11:00am-6:00pm	Class at 11am <i>Erin</i>	Class at 11am <i>Alistair</i>	
12:00pm		Unsupervised Membership Access 12:00pm-6:00pm		Unsupervised Membership Access 12:00pm-5:00pm	Unsupervised Membership Access 12:00pm-5:00pm	
2:00pm	Class at 2pm <i>Nat</i>					
3:00pm	Unsupervised Membership Access 2:00pm-5:00pm					
5:00pm	Class at 5pm <i>Hannah</i>			Class at 5pm <i>Hannah</i>		
6:00 pm	Class at 6pm <i>Hannah</i>	Class at 6pm <i>Alistair</i>	Class at 6pm <i>Olivia</i>	Class at 6pm <i>Alistair</i>		
7:00pm			Class at 7pm <i>Olivia</i>			



PHYSIO EXERCISE CLASS TIMETABLE

As of Jan 2021

Classes run for 45 minutes

222 Kensington Rd, MARRYATVILLE SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am	Class at 8 am <i>Chrissy</i>				Class at 8 am <i>Chrissy/Angela</i>	Class at 8 am <i>Chrissy/Angela</i>
9.00 am	Class at 9 am <i>Chrissy</i>		Class at 9am <i>Chrissy</i>	Class at 9 am <i>Angela</i>		
10.00 am		Class at 10 am <i>Chrissy</i>	Class at 10 am <i>Angela</i>	Class at 10 am <i>Chrissy</i>	Class at 10 am <i>Chrissy/Angela</i>	
11.00 am			Class at 11 am <i>Chrissy</i>			
12:00 pm		Class at 12 pm <i>Urvashi</i>				
1:00 pm						
5.00 pm	Class at 5 pm <i>Angela</i>			Class at 5 pm <i>Chrissy</i>		
6.00 pm				Class at 6 pm <i>Chrissy</i>		