



PHYSIO EXERCISE CLASS TIMETABLE

As of August 3rd 2023

177 Prospect Road, Prospect SA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am	PEC with Lauren	PEC with Andrew		PEC with Samantha	PEC with Gavin	
10.00am	PEC with Samantha		PEC with Lauren	PEC with Samantha	PEC with Samantha	PEC with Claudia
11:00am						
2:00pm	Exercise Physiology with Peter		PEC with Samantha			
5.00pm		PEC with Claudia	PEC with Samantha	PEC with Claudia		
6.00pm		PEC with Lauren		PEC with Claudia		

** Classes run for 45 minutes*



PHYSIO EXERCISE CLASS TIMETABLE

As of August 3rd 2023

222 Kensington Road, Marryatville SA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am					PEC with Angela	PEC with Chrissy/Hayley
9.00am	PEC with Chrissy			PEC with Angela		
10.00am		PEC with Chrissy	PEC with Angela	PEC with Chrissy	PEC with Courtney	
11.00am			PEC with Hayley		PEC with Angela	
12:00pm		PEC with Angela				
5.00pm	PEC with Angela			PEC with Chrissy		

* Classes run for 45 minutes



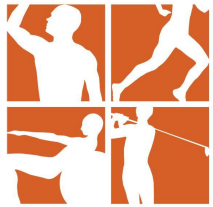
PHYSIO EXERCISE CLASS TIMETABLE

As of August 3rd 2023

236-238 Main Road, Blackwood SA

** Classes run for 45 minutes*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am		PEC with Hannah		PEC with Nat	PEC with Aaron	
8.20am		PEC with Hannah		PEC with Nat	Quiet PEC with Aaron	PEC with Hannah/Aaron
9.10am	PEC with Urvashi	PEC with Hannah	Quiet PEC with Alistair	PEC with Nat	PEC with Aaron	PEC with Hannah/Aaron
10.00am	PEC with Courtney	PEC with Esther	PEC with Courtney	PEC with Hannah	PEC with Nat	PEC with Hannah/Aaron
10.50am	PEC with Courtney	PEC with Nat		PEC with Hannah	PEC with Nat	
1.00pm				Mums and Bubs with Hannah and Jasmine		
2.00pm	Quiet PEC with Alistair	PEC with Hannah				
4:30pm	PEC with Urvashi		PEC with Hannah	PEC with Urvashi		
5.20pm	PEC with Hannah	PEC with Alistair	PEC with Hannah	PEC with Courtney		
6:10 pm	PEC with Hannah	PEC with Alistair	PEC with Aaron	PEC with Courtney		
7:00pm			PEC with Aaron			



the
physio
clinic

'for all things physio'

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