



# PHYSIO EXERCISE CLASS TIMETABLE

As of 30th of February 2024

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	
12:00pm			Exercise Physiology with Peter			
2:00pm	Exercise Physiology with Peter		PEC with Gavin			
5.00pm		PEC with Claudia	PEC with Andrew			
6.00pm		PEC with Lauren		PEC with Gavin		



# PHYSIO EXERCISE CLASS TIMETABLE

As of 30th of February 2024

222 Kensington Road, Marryatville

\* Classes run for 45 minutes

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



# PHYSIO EXERCISE CLASS TIMETABLE

As of 30th of February 2024

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		
8.20am		PEC with Hannah		PEC with Nat	Quiet PEC with Jacob	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	
11.00am						PEC with Jacob
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 Hannah			
6:10 pm	PEC with Hannah	PEC with Alistair	PEC with Jacob	PEC with Courtney		
7:00pm			PEC with Jacob			



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