


HYDROTHERAPY CLASS TIMETABLE

Updated: March 2019

**Calvary Rehabilitation Hospital
18 North East Road, WALKERVILLE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30pm		4:30pm Group <i>Chrissy</i>		4:30pm Group <i>Kristian</i>	
5:00pm		5:00pm Group <i>Chrissy</i>		5:00pm Group <i>Kristian</i>	
5:30pm		5:30pm Group <i>Chrissy</i>		5:30pm Group <i>Kristian</i>	
6:00pm		6:00pm Group <i>Chrissy</i>		6:00pm Group <i>Kristian</i>	
6:30pm		6:30pm Group <i>Chrissy</i>			

 **Group classes** have a maximum of 6 participants – *bookings are essential*


 **Individual classes** – *please enquire about availability*

HYDROTHERAPY CLASS TIMETABLE

Updated: March 2019

**Findon Swim School
322 Grange Road, KIDMAN PARK**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am				8:00am Group <i>Lauren</i>	
...					
11:30am		11:30am Group <i>Lauren</i>		11:30am Group <i>Lauren</i>	
12:15pm		12:10pm Group <i>Lauren</i>		12:10pm Group <i>Lauren</i>	
1:00pm		12.40pm Individual (1:1) <i>Lauren</i>		12.40pm Individual (1:1) <i>Lauren</i>	

 **Group classes** have a maximum of 6 participants – *bookings are essential*

 **Individual classes** – *please enquire about availability*

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HYDROTHERAPY CLASS TIMETABLE

Updated: March 2019

**Norwood Swim School,
273 The Parade, BELUAH PARK**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30 pm				12:30pm Group <i>Chrissy</i>	



HYDROTHERAPY CLASS TIMETABLE

Updated: March 2019

Repatriation General Hospital, 216 Daws Road, DAW PARK

(enter via Oxford Circus off Goodwood Rd)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30pm	5:30pm Group <i>Erin</i>				
6:00pm	6:00pm Group <i>Erin</i>				

- Group classes** have a maximum of 6 participants – *bookings are essential*
- Individual classes** – *please enquire about availability*

Novita Health 63 Belair Rd, KINGSWOOD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00pm					2:00pm Group <i>Bec</i>
2:30pm					2:30pm Group <i>Bec</i>