



# PHYSIO EXERCISE CLASS (PEC) TIMETABLE

Updated: March 2019

Classes run for 45 minutes

## The Physio Clinic, 177 Prospect Road, PROSPECT SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am		Unsupervised Membership Access 8:30am-5:00pm			Unsupervised Membership Access 8:30am-10:00am	
9.00am	Class at 9am <i>Shannon</i>			Class at 9am <i>Sarah</i>		Class at 9am <i>Sarah/Lauren</i>
10.00am	Class at 10am <i>Shannon</i>		Class at 10am <i>Lauren</i>	Class at 10am <i>Sarah</i>	Class at 10am <i>Lauren</i>	Class at 10am <i>Sarah/Lauren</i>
11.00am	Class at 11am <i>Sarah</i>			Class at 11am <i>Sarah</i>	Unsupervised Membership Access 11:00pm-5:00pm	Unsupervised Membership Access
12.00pm	Unsupervised Membership Access 12:00pm-2:00pm			Unsupervised Membership Access 12:00pm-1:30pm		
1.00pm				Class at 1.30pm <i>Shannon</i>		
1.30pm				Unsupervised Membership Access 2:30pm-5:00pm		
2.00pm	Class at 2pm <i>Shannon</i>					
3.00pm	Unsupervised Membership Access 3:00pm-4:00pm					
4.00pm						
5.00pm	Class at 5pm <i>Chrissy</i>	Class at 5pm <i>Shannon</i>	Class at 5pm <i>Sarah</i>	Class at 5pm <i>Shannon</i>	Class at 5pm <i>Sarah</i>	
6.00pm	Class at 6pm <i>Chrissy</i>	Class at 6pm <i>Shannon</i>		Class at 6pm <i>Shannon</i>		



the  
physio  
clinic  
*'for all things physio'*

## PHYSIO EXERCISE CLASS (PEC) TIMETABLE

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### 6/322 Grange Road, KIDMAN PARK SA

(Inside Findon Swim School Building, opposite Findon Shopping Centre)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am			Class at 9:40am <i>Shannon</i>			
10-11am				Class at 10:00am <i>Lauren</i>		
12:00pm			Class at 12pm <i>Shannon</i>			
12.30pm						
2:00pm						
3:30pm						
5.00pm		Class at 5pm <i>Lauren</i>				
6.00pm						



# PHYSIO EXERCISE CLASS (PEC) TIMETABLE

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**8/365 Shepherds Hill Road, BLACKWOOD SA**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am				Class at 8am <i>Nat</i>		Class at 8am <i>Nat/Erin</i>
9.00am	Class at 9am <i>Nat</i>	Class at 9am <i>Erin</i>	Class at 9am <i>Bec</i>	Class at 9am <i>Nat</i>	Class at 9am <i>Erin</i>	Class at 9am <i>Nat/Erin</i>
10.00am	Class at 10am <i>Nat</i>	Class at 10am <i>Erin</i>	Mums & Bubs Class at 10am <i>Nat</i>	Class at 10am <i>Nat</i>	Class at 10am <i>Erin</i>	Class at 9:45am <i>Chris/Bec</i>
11.00am	Unsupervised Membership Access 11:00am-2:00pm	Class at 11am <i>Bec</i>	Unsupervised Membership Access 11:00am-6:00pm	Class at 11am <i>Chris</i>	Hip & Knee Class at 11am <i>Bec</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	Hip & Knee Class at 2pm <i>Nat</i>			Unsupervised Membership Access 12:00pm-5:00pm		
5.15pm	Unsupervised Membership Access 2:00pm-6:00pm			Class at 5:15pm <i>Chris</i>		
6.15 pm	Class at 6:15pm <i>Nat</i>	Class at 6:15pm <i>Bec</i>	Class at 6:15pm <i>Erin</i>	Class at 6:15pm <i>Erin</i>		
7:00 pm		Class at 7pm <i>Chris</i>	Class at 7pm <i>Erin</i>			



# PHYSIO EXERCISE CLASS (PEC) TIMETABLE

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## Godfree House, 2 Moore Street, TOORAK GARDENS SA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10.00am			Class at 10am <i>Chris</i>		Class at 10am <i>Chris</i>	
10:30am	Class at 10:30am <i>Jesse</i>					
11.00am						
12:00pm		Class at 12pm <i>Chrissy</i>				
1.00pm						
2.00pm				Class at 2pm <i>Chrissy</i>		
3.00pm						
4.00pm						
5.00pm	Class at 5pm <i>Jesse</i>		Class at 5pm <i>Jesse</i>			