



PHYSIO EXERCISE CLASS TIMETABLE

July 2020

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>Alex</i>				Class at 9am <i>Kelsey/Claudia</i>
10.00am	Class at 10am <i>Kelsey</i>		Class at 10am <i>Lauren</i>	Class at 10am <i>Kelsey</i>	Class at 10am <i>Lauren</i>	Class at 10am <i>Kelsey/Claudia</i>
11.00am	Unsupervised Membership Access 11:00am- 5:00pm	Class at 11am <i>Kelsey</i>	Class at 11am <i>Lauren</i>	Class at 11am <i>Alex</i>	Class at 11am <i>Lauren</i>	
12:00pm		Unsupervised Membership Access 12:00pm-6:00pm		Unsupervised Membership Access 12:00pm- 6:00pm	Unsupervised Membership Access 12:00pm – 4:00pm	
2:00pm			Class at 2pm <i>Kelsey</i>			
4.00pm						
5.00pm	Class at 5pm <i>Kelsey</i>		Class at 5pm <i>Kelsey</i>	Class at 5pm <i>Alex</i>		
6.00pm	Class at 6pm <i>Claudia</i>	Class at 6pm <i>Kelsey</i>		Class at 6pm <i>Alex</i>		



PHYSIO EXERCISE CLASS TIMETABLE

July 2020

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>Anita</i>		Class at 8am <i>Nat</i>		Class at 8am <i>Bec/Nat</i>					
9:00am	Class at 9am <i>Nat</i>	Class at 9am <i>Anita</i>	Class at 9am <i>Bec</i>	Class at 9am <i>Nat</i>	Class at 9am <i>Bec</i>	Class at 9am <i>Anita/Bec</i>					
10:00am	Class at 10am <i>Anita</i>	Class at 10am <i>Nat</i>	Class at 10am <i>Nat</i>	Class at 10am <i>Claudia</i>	Class at 10am <i>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>Claudia</i>	Unsupervised Membership Access 11:00am-5:00pm						
12:00pm		Unsupervised Membership Access 12:00pm-6:00pm		Unsupervised Membership Access 12:00pm-6:00pm			Unsupervised Membership Access 12:00pm-6:00pm	Unsupervised Membership Access 12:00pm-6:00pm			
2:00pm	Class at 2pm <i>Nat</i>										
3:00pm	Unsupervised Membership Access 2:00pm-5:00pm										
5:00pm	Class at 5pm <i>Anita</i>										
6:00 pm	Class at 6pm <i>Nat</i>								Class at 6pm <i>Bec</i>	Class at 6pm <i>Anita</i>	Class at 6pm <i>Claudia</i>
7:00pm										Class at 7pm <i>Anita</i>	



PHYSIO EXERCISE CLASS TIMETABLE

July 2020

Classes run for 45 minutes

222 Kensington Rd, MARRYATVILLE SA

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