

# GROUP CLINICAL EXERCISE

## STRENGTH/FLEXIBILITY/TONE

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45AM Jordan					
		8:00AM Katie			8:00AM Jordan
					8:45AM Jordan
9:00AM Jordan			9:00AM Jordan	9:00AM Katie	
	9:30AM Jordan	9:30AM Katie			9:30AM Katie
9:45AM Jordan			9:45AM Jordan	9:45AM Katie	
	10:15AM Jordan				
	12:30PM Ben				
				4:15PM Katie	
			4:30PM Jordan		
		4:45PM Katie			
5:00PM Jordan					
	5:15PM Ben		5:15PM Jordan		
5:45PM Jordan					

- 1 – Book your Clinical exercise Assessment – 1 Hour Consult
- 2 – Practice One on One – 30 Min Consult
- 3 – Join a Group exercise Class! 45 Min Class

**Classes are hosted by a Physiotherapist & claimable through your Private Health Cover!**

*\*New Class Times*

Physio  Active