



**CLASS TIMES**

Please note – all classes are subject to change and availability. These times are of 17th September 2018 onwards

|               | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|---------------|---------|---------|-----------|----------|---------|----------|
| <b>STEVE</b>  | 7:30am  | 7:30am  |           | 12:00pm  |         |          |
|               |         | 8:00am  |           | 12:30pm  |         |          |
|               | 8:30am  | 8:30am  |           |          |         |          |
|               | 9:00am  |         |           | 5:30pm   |         |          |
|               |         |         |           | 6:00pm   |         |          |
|               | 12:30pm |         |           |          |         |          |
|               | 1:00pm  |         |           |          |         |          |
| <b>STELLA</b> |         |         |           |          | 7:30am  |          |
|               | 12pm    | 12:30pm | 12:30pm   |          | 8:00am  |          |
|               |         | 1:00pm  | 1:00pm    |          | 8:30am  |          |
|               |         |         |           |          |         |          |
|               | 5:30pm  |         | 5:30pm    |          |         |          |
|               |         |         | 6:00pm    |          | 12:00pm |          |
|               |         |         |           |          | 1:00pm  |          |
| <b>BRAD</b>   |         |         | 7:30am    | 7:30am   |         | 8:30am   |
|               |         |         | 8:00am    | 8:00am   |         | 9:00am   |
|               |         | 12:00pm |           | 8:30am   | 12:30pm | 9:30am   |
|               |         | 1:30pm  | 12:00pm   | 9:00am   |         | 10:00am  |
|               |         |         |           | 9:30am   |         |          |
|               |         | 5:30pm  |           |          |         | 12:00pm  |
|               |         | 6:00pm  |           | 1:00pm   |         |          |
|               |         | 6:30pm  |           | 1:30pm   |         |          |



**PHYSIO4ALL**

REVITALISE - BOUNCE - BE HEALTHY