



CLASS TIMES

Please note – all classes are subject to change and availability. These times are of 15th Jan 2019 onwards.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEVE	7:30am	7:30am		12:00pm		
		8:00am		12:30pm		
	8:30am	8:30am				
	9:00am			5:30pm		
				6:00pm		
	12:30pm					
	1:00pm					
CHRISTIAN						
	12pm	12:30pm	7:30am			
		1:00pm	8:00am		12:00pm	
					1:00pm	
	5:30pm	5:30pm	12:00pm			
		6:00pm				
		6:30pm				
BRAD				7:30am		8:30am
				8:00am	7:30am	9:00am
		12:00pm	12:30pm	8:30am	8:00am	9:30am
		1:30pm	1:00pm	9:00am	8:30am	10:00am
				9:30am		10:30am
			5:30pm		12:30pm	
				1:00pm		
				1:30pm		



PHYSIO4ALL

REVITALISE - BOUNCE - BE HEALTHY