



COVID-19 Class schedule from 1st June 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHRISTIAN						
					8.30am	
		8:30am			9.15am	
	9:00am	9:15am				
	12:30pm	12:30pm			12:30pm	
JACKSON						
			12:30pm			
				1:00pm		9:30am
						10:15am
		5.30pm	5.30pm	5:30pm		11:00am
		6.05pm Zoom		6.05pm Zoom		

Terms and Conditions for new class format:

1. We will start physio exercise classes from Monday 1st June
2. We will initially run fewer classes and the previous reserved spots will not apply
3. You can reserve a spot in one of our classes by calling, emailing or via our online booking system, but please note that you will need to notify our front officer staff if you would like this appointment to be reoccurring
4. We will only allow maximum 4 x people per class + 1 x physiotherapist
5. You will be required to download the COVIDSafe app to participate in classes and must bring your mobile phone switched on to class with the COVIDSafe App working
6. Upon arrival you must wash your hands at the washbasin and then sanitise your hands before entering the studio
7. You must bring your own towel to use in class (you will not be permitted into the class without a towel)
8. Upon leaving the gym you must sanitise your hands again
9. After each class the entire studio will be wiped down before the next class can begin
10. If you are feeling unwell or have any COVID-19 like symptoms, please do not attend your class and seek medical advice asap

*Class times and schedule are subject to change without prior notice

*No refunds or exchanges for pre-paid class packs