

GROUP FITNESS GLA:D PROGRAM 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8.00AM						<p style="text-align: center;"><u>GLA:D 6 week Program</u></p> <p>6 week program consisting of education and group exercise Targeted to patients with hip and/or knee osteoarthritis. (2 x sessions per week)</p> <p>Group exercise sessions billed using code 560</p> <p style="text-align: center;">As our group sessions are based on each individual's rehabilitation or fitness needs an initial 1:1 assessment is required prior to beginning any sessions.</p> <p style="text-align: center;"><u>Please contact your individual health fund to confirm cover.</u></p>
9.00AM						
10.00AM						
11.00AM						
12.30PM		GLA:D Chris 12.30 – 1.30				
1.30PM						
2:30PM		GLA:D Chris 2.30 – 3.30		GLA:D Caitlin 2.30 – 3.30		
3.30PM						
4.30PM					Monthly Education	
5.30PM	GLA:D Holly 5.30 – 6.30		GLA:D Caitlin 5.30 – 6.30			