

GROUP FITNESS & REHABILITATION TIMETABLE 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00AM			CLINICAL PHYSIO Amy			CLINICAL PHYSIO: Individually designed exercise programs in a Physiotherapist supervised group setting. *Private Health Insurance rebates <u>may</u> apply
8:00AM	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Aaron	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Aaron	CLINICAL EP Annabel	
9:00AM	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Ellie	CLINICAL PHYSIO Amy	CLINICAL PHYSIO Ellie	CLINICAL EP Annabel	CLINICAL EP: Individually designed exercise programs in an Exercise Physiologist supervised group setting. *Private Health Insurance rebates <u>may NOT</u> apply
10:00AM 10:30AM		CLINICAL PHYSIO Ellie		CLINICAL PHYSIO Ellie		
11:00AM 11:30AM	B.E.T.S Pete				B.E.T.S Pete	MUM & BUBS: For mums with bumps & reconditioning post birth. Bubs welcome to attend in pram/capsule or on a playmat. Closely supervised by our Physiotherapist. *Private Health Insurance rebates <u>may</u> apply
12:00PM 12:30PM	B.E.T.S Pete		CLINICAL EP Annabel		B.E.T.S Pete	
1:00PM	CLINICAL EP Annabel					B.E.T.S: DVA / WorkCover / TAC Physiotherapist led rehabilitation. Restricted class sizes apply.
2:00PM		MUM & BUBS/BUMPS Ellie (45mins)		MUM & BUBS/BUMPS Ellie (45mins)		
4:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie	CLINICAL EP Annabel	PRIVATE GROUP BOOKING		Please note an individual assessment is required prior to commencing any group session. Re assessment to be completed at least every 12 months.
5:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie		
6:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie	CLINICAL EP Annabel	CLINICAL PHYSIO Ellie		

CASUAL CLASS: \$25

5 CLASS PASS: \$115

10 CLASS PASS: \$225