

# OAKDEN GROUP EXERCISE TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8.00am Exercise Physiology With Hayami		8.00am Exercise Physiology With Hayami	8.30am Group Exercise With Richard	8.00am Group Exercise With Chan Oh
9.00am Group Exercise With Luis	9.00am Exercise Physiology With Hayami	9.30am Group Exercise With Chan oh	9.00am Exercise Physiology With Hayami		9.00am Group Exercise With Chan Oh
10.00am Exercise Physiology With Aidan	10.00am Exercise Physiology With Hayami	10.30am Reformer Pilates With Alex	10.00am Exercise Physiology With Hayami	10.00am Exercise Physiology With Hayami	10.00am Group Exercise With Luis
	11.00am Exercise Physiology With Hayami		10.30am Group Exercise With Olivia	11.00am Reformer Pilates With Sandy	11.00am Exercise Physiology With Hayami
	11.30am Group Exercise With Richard			12.00pm Reformer Pilates With Sandy	1.00pm Reformer Pilates With Jade
12.30pm Hydrotherapy with Olivia		1pm Hydrotherapy with Chan Oh		1.00pm Ex Phys Hydrotherapy with Hayami	1.00pm Reformer Pilates With Jade
12.30pm Ex Phys Hydrotherapy with Aidan				1pm Hydrotherapy with Chan Oh	
2.30pm Group Exercise With Patrick	2.30pm Group Exercise With Chan Oh	2.30pm Group Exercise With Luis			
			3.30pm Group Exercise With Chan Oh	2.30pm Exercise Physiology With Karen	
		4.00pm Exercise Physiology With Hayami		4.00pm Group Exercise With Olivia	
5.00pm Group Exercise With Olivia		5.00pm Group Exercise With Patrick	5.30pm Exercise Physiology With Hayami	5.00pm Group Exercise With Luis	
6.00pm Reformer Pilates With Alexandra	6.30pm Group Exercise With Chan Oh	6.00pm Reformer Pilates With Alexandra	6.30pm Group Exercise With Chan Oh		
7.00pm Reformer Pilates With Alexandra		7.00pm Reformer Pilates With Alexandra			

\*\* All classes run for 1 hour  
 \*\* Prior to commencing group classes, clients must undergo an assessment by a Physiotherapist to complete the compulsory safety checks and to ensure that Pilates is an appropriate treatment modality for the individual concerned  
 \*\* All Clinical Pilates programs are tailored to each individuals needs, therefore up to 3 individual pilates consults will be required in order for an appropriate program to be developed and monitored  
 \*\* Bookings are essential by phoning 8261 3776

Physio Group Exercise	Ex Phys Group Class	Health and Fitness
Physio Hydro	Ex Phys Hydro	