

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 Mitch	8.00am Group Exercise With Edith
9.30am Group Exercise With Luis	9.00am Exercise Physiology With Hayami	9.30am Group Exercise With Mitch	9.00am Exercise Physiology With Hayami		9.00am Group Exercise With Edith
	10.00am Exercise Physiology With Hayami	10:30am NDIS Group Exercise With Gabrielle	10.00am Exercise Physiology With Hayami	10.00am Exercise Physiology With Hayami	
11:00am Exercise Physiology With Karen	11.00am Exercise Physiology With Hayami			11am NDIS Exercise Physiology With Hayami	11.00am Exercise Physiology With Hayami
	12.00pm Group Exercise With Edith			12:00pm Group Exercise With Gabrielle	
			1.00pm NDIS Exercise Physiology With Hayami		
2.30pm Group Exercise With Luis	2.30pm Group Exercise With Mitch	2:00pm Group Exercise With Luis		2.00pm Low Mobility With Gabrielle	
		3:00pm Group Exercise With Gabrielle	3.30pm Group Exercise With Mitch		
	4:30PM Group Exercise With Mitch	3:30pm Exercise Physiology With Karen		4.30pm Group Exercise With Gabrielle	
		4:30pm Group Exercise With Luis	4.30pm Exercise Physiology With Hayami	5.30pm Group Exercise With Luis	
			5:30pm Exercise Physiology With Hayami		
			5:30pm Group Exercise With Mitch		

** 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	