



# EXERCISE PHYSIOLOGY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:00am					OPEN SESSION
07:00am	OPEN SESSION		OPEN SESSION		OPEN SESSION
07:15am			STRONG		
08:00am	OPEN SESSION		OPEN SESSION	Reformer Strength	OPEN SESSION   Reformer Strength
08:45am					Reformer Strength
09:00am	OPEN SESSION		OPEN SESSION		OPEN SESSION
10:30am					Mums + Bubs
17:00pm				OPEN SESSION	

- Timetable subject to change based on instructor availability.
- Available to members with Exercise Physiology membership
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.

