

EXERCISE PHYSIOLOGY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7am Open Session		7am Open Session	8am Reformer Strength	6am Open Session
8am Open Session		7:15am Strong		7am Open Session
9am Open Session		8am Open Session		8am Open Session
9:15am Strong		9am Open Session		8am Reformer Strength
				8:45am Reformer Strength
				9am Open Session
				9:30am Balance and Strength
				10:15am Mums + Bubs

- 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.