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# Physio Led Exercise Class Schedule



# Barton

7A/3 Sydney Ave  
BARTON, ACT, 2600

To book, call our reception staff on  
(02) 6273 6586

## *Tuesday*

*Physio Led Strength Circuit*

**6:00pm - 6:45pm**

## *Wednesday*

*Exercise Physiologist Led Strength  
Circuit*

**7:00am - 7:45am**

## *Thursday*

*Physio Led Mat Class*

**1:00pm - 2:00pm**

## *Pricing*

<i>1 Casual Class</i>	<b>\$34</b>
<i>5 Week Pass (\$30/class)</i>	<b>\$150</b>
<i>10 Week Pass (\$28/class)</i>	<b>\$280</b>

**Term 1:** 3rd Feb - 9th Apr  
**Term 2:** 27th Apr - 3rd July  
**Term 3:** 20th July - 25th Sept  
**Term 4:** 12th Oct - 17th Dec

# *Weston*

16/41-43 Liardet St  
WESTON, ACT, 2611

To book, call our reception staff on  
(02) 6288 3006

## *Monday*

*Physio Led Mat Class*  
*Physio Led Equip Class*  
*Physio Led Equip Class*  
*Physio Led Mat Class*

**1:00pm**  
**4:30pm**  
**5:30pm**  
**6:30pm**

## *Tuesday*

*Physio Led Equip Class*  
*Physio Led Equip Class*  
*Physio Led Mat Class*

**3:00pm**  
**5:00pm**  
**6:00pm**

## *Wednesday*

*Physio Led Equip Class*  
*Physio Led Equip Class*  
*Physio Led Mat Class*  
*Physio Led Equip Class*

**7:00am**  
**10:00am**  
**5:30pm**  
**6:30pm**

## *Thursday*

*Physio Led Equip Class*  
*Physio Led Equip Class*  
*Physio Led Equip Class*

**10:00am**  
**5:30pm**  
**6:15pm**

## *Friday*

*Physio Led Equip Class*  
*Physio Led Equip Class*  
*Physio Led Equip Class*

**9:15am**  
**10:00am**  
**10:45am**

## *Saturday*

*Physio Led Equip Class*  
*Physio Led Equip Class*

**7:45am**  
**10:20am**

## *Pricing*

<i>Class Assessment</i>	<b>\$26</b>
<i>1 Casual Class</i>	<b>\$34</b>
<i>5 Week Pass</i>	<b>\$150</b>
<i>10 Week Pass</i>	<b>\$280</b>

**Term 1:** 13th Jan - 11th Apr  
**Term 2:** 27th Apr - 4th July  
**Term 3:** 20th July - 26th Sept  
**Term 4:** 12th Oct - 19th Dec

# *Dickson - Cowper St*

Dickson Park Professional Centre  
DICKSON, ACT, 2602

To book, call our reception staff on  
(02) 6248 9841

## *Tuesday*

*Physio Led Mat Class*

**5:10pm**

## *Wednesday*

*Physio Led Mat Class*

**12:30pm**

*Physio Led Mat Class*

**6:00pm**

## *Saturday*

*Physio Led Mat Class*

**8:00am**

## *Pricing*

<i>Class Assessment</i>	<b>\$26</b>
<i>1 Casual Class</i>	<b>\$34</b>
<i>9 Week Pass</i>	<b>\$252</b>

**Term 1:** 3rd Feb - 6th Apr  
**Term 2:** 27th Apr - 6th July  
**Term 3:** 20th July - 14th Sept  
**Term 4:** 12th Oct - 7th Dec

# *Dickson - Woolley St*

Suite 2/55 Woolley Street  
DICKSON, ACT, 2602

To book, call our reception staff on  
(02) 6248 0473

## *Tuesday*

*Physio Led Mat Class*

**7:00am**

## *Thursday*

*Physio Led Mat Class*

**12:30pm**

*Physio Led Mat Class*

**6:00pm**

## *Pricing*

*Class Assessment*

**\$26**

*1 Casual Class*

**\$34**

*9 Week Pass*

**\$252**

**Term 1:** 3rd Feb - 6th Apr

**Term 2:** 27th Apr - 6th July

**Term 3:** 20th July - 14th Sept

**Term 4:** 12th Oct - 7th Dec