



Physio Led Exercise
Online Class
Schedule





Online Classes

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

Tuesday
Strength Circuit

5:00pm

Wednesday
Strength Circuit

7:00am

Thursday
Mat Class

12:00pm

All classes are Phyio Led

Pricing

<i>Screening</i>	\$25
<i>1 Casual Class</i>	\$32
<i>5 Week Pass</i>	\$135
<i>10 Week Pass</i>	\$260



Online Classes

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

Monday

Mat Class

Mat Class

1:00pm

6:30pm

Tuesday

Mat Class

6:00pm

Wednesday

Mat Class

5:30pm

All classes are Phyio Led

Pricing

<i>Screening</i>	\$25
<i>1 Casual Class</i>	\$32
<i>7 Week Pass</i>	\$182
<i>8 Week Pass</i>	\$208
<i>9 Week Pass</i>	\$252

Dickson - Cowper St

Online Classes

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

Monday

Mat Class

5:30pm

Tuesday

Mobility Class

12:30pm

Mat Class

5:00pm

Thursday

Mat Class

5:30pm

Friday

Mobility Class

12:30pm

Saturday

Mat Class

8:00am

Mobility Class

11:20am

All classes are Phyio Led

Pricing

<i>Screening</i>	\$25
<i>1 Casual Class</i>	\$32
<i>7 Week Pass</i>	\$182
<i>8 Week Pass</i>	\$208
<i>9 Week Pass</i>	\$252

Dickson - Woolley St

Online Classes

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

Tuesday

Run Strong

Run Strong

5:00pm

6:00pm

Wednesday

Knee Rehab Class

5:20pm

Thursday

Mat Class

Mat Class

12:30pm

6:00pm

All classes are Phyio Led

Pricing

<i>Screening</i>	\$25
<i>1 Casual Class</i>	\$32
<i>7 Week Pass</i>	\$182
<i>8 Week Pass</i>	\$208
<i>9 Week Pass</i>	\$252



Online Classes

To book, call our reception staff on
(02) 6185 0307

Tuesday
Tai Chi

12:00pm

All classes are Phyio Led

Pricing

<i>Screening</i>	<i>\$25</i>
<i>1 Casual Class</i>	<i>\$32</i>
<i>7 Week Pass</i>	<i>\$182</i>
<i>8 Week Pass</i>	<i>\$208</i>
<i>9 Week Pass</i>	<i>\$252</i>