

PHYSIO GROUP EXERCISE SESSIONS

This schedule is subject to change at short notice
(NB all classes are 45 minutes duration)

Monday	9.00 – 9.45am	Peter Barrett
	9.45 – 10.30am	Peter Barrett
	2.00 – 2.45pm	Sandy Woolman
	4.45 – 5.30pm	Peter Barrett
	5.30 – 6.15pm	Sandy Woolman
Tuesday	9.00 – 9.45am	Crystal Waters
	9.45 – 10.30am	Sandy Woolman
Wednesday	9.30 – 10.15am	Peter Barrett
	10.15 – 11am	Peter Barrett
	4.45 – 5.30pm	Peter Barrett
	5.30 – 6.15pm	Peter Barrett
Thursday	9.20 – 10am	Crystal Waters
Friday	8.00 – 8.45am	Peter Barrett
	8.45 – 9.30am	Peter Barrett
	9.30 – 10.15am	Sandy Woolman
	10.15 – 11am	Sandy Woolman
	4.45 – 5.30pm	Shane Ryan

Due to the high demand for Pilates classes we require a minimum of 5 hours notice for cancellations.

Recurrent non-attendance will forfeit any pre-booked sessions.

Return to Work and Third Party clients be aware that by not attending schedule appointments you may be putting your claim at risk

***Class times may change at short notice due to Adelaide Football Club training schedules. We shall endeavour to give our customers as much notice as possible of any changes**