

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
	10.00-10.45am	Peter Barrett
	2.00 – 2.45pm	Sandy Woolman
	4.30 – 5.15pm	Peter Barrett
	5.30 – 6.15pm	Sandy Woolman
Tuesday	9.00 – 9.45am	Crystal Waters
	10.00 – 10.45am	Sandy Woolman
Wednesday	9.30 – 10.15am	Peter Barrett
	10.30 – 11.15am	Peter Barrett
	4.45 – 5.30pm	Peter Barrett
Thursday	9.20 – 10:05am	Crystal Waters
	10:05 – 10:50am	Crystal Waters
Friday	8.00 – 8.45am	Peter Barrett
	9.00 – 9.45am	Peter Barrett
	10.00-10.45am	Sandy Woolman
	11.00-11.45am	Sandy Woolman
	4.40 – 5.30pm	Shane Ryan

**Due to the high demand for Exercise 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