

Adelaide Crows
Sports Medicine Clinic
AAMI Stadium
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Adelaide Crows Sports Medicine Clinic

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POOL & GYM CLASS SCHEDULE JANUARY 2019

***** Please NOTE dates and times carefully as some classes have changed and may change from week to week.*****

ALL CLIENTS MUST CHECK IN AT RECEPTION BEFORE COMMENCING CLASS

	Aquatone \$13.60 no rebate	Hydrotherapy \$27.50 non bupa \$24.50 bupa	Gym \$25.50 non bupa \$24.50 bupa
Thursday 3.01.19	NO AQUA	4.00pm	5.00pm
Friday 4.01.19	-	2.00pm	-
Monday 7.01.19	8.05	2.00pm	-
Tuesday 8.01.19	8.15	1.30pm & 4.00pm	5.00pm
Wednesday 9.01.19	-	2.00pm	-
Thursday 10.01.19	8.05	4.00pm	5.00pm
Friday 11.01.19	8.05	2.00pm	-
Monday 14.01.19	8.05	2.00pm	-
Tuesday 15.01.19	8.15	1.30pm & 4.00pm	5.00pm
Wednesday 16.01.19	-	2.00pm	-
Thursday 17.01.19	8.05	4.00pm	5.00pm
Friday 18.01.19	-	2.00pm	-
Monday 21.01.19	8.05	2.00pm	-
Tuesday 22.01.19	8.15	1.30pm & 4.00pm	5.00pm
Wednesday 23.01.19	-	2.00pm	-
Thursday 24.01.19	8.05	4.00pm	5.00pm
Friday 25.01.19	-	2.00pm	-
Limited numbers in classes so please be sure to book!!			

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