

Group Class Timetable 2020

Gerringong

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM					
8:00 AM	PhysioRehab Courtney 8:15 - 9:00 am	PhysioRehab Ash S. 8:15 - 9:00 am			
9:00 AM	PhysioOA Courtney 9:00 - 9:45 am			PhysioOA Courtney 9:00 - 9:45 am	PhysioRehab Ethan 9:00 - 9:45 am
10:00 AM		PhysioStrong Ash S. 10:00 - 10:45 am			PhysioRehab Ethan 10:00 - 10:45 am
11:00 AM					
12:00 Noon			PhysioWork Damien 12:15 - 1:00 pm		
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	PhysioOA Ash C. 5:15 - 6:00 pm			PhysioOA Ash C. 5:15 - 6:00 pm	
6:00 PM			PhysioRehab Damien 6:15 - 7:00 pm	PhysioRehab Courtney 6:15 - 7:00 pm	
7:00 PM					

Group Class Timetable 2020

Kiama

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM					
8:00 AM					
9:00 AM		PhysioCore Ash C. 9:30 - 10:15 am			
10:00 AM					
11:00 AM					
12:00 Noon					PhysioWork Peter 12:15 - 1:00 pm
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM	PhysioRehab Ethan 5:15 - 6:00 pm		PhysioRehab Ethan 5:15 - 6:00 pm		
6:00 PM		PhysioRehab Ash S. 6:15 - 7:00 pm			
7:00 PM					