

AG PHYSIO I Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am					7:30am - 8:30am Shoulder Rehab
8:00am					
8:30am					8:30am - 9:30am Shoulder Rehab
9:00am					9:30am - 10:30am Pilates
9:30am	9:30am - 10:30am Pilates		9:30am - 10:30am Pilates		
10:00am					
10:30am					
4:00pm					
4:30pm					
5:00pm					
5:30pm		5:30pm - 6:30pm Pilates	5:30pm - 6:30pm ACL Rehab	5:30pm - 6:30pm Pilates	
6:00pm					

Opening Hours: Monday to Thursday 8am - 6pm & Friday 8am - 5pm

BOOKINGS ARE ESSENTIAL FOR ALL CLASSES

COVID-19 safety requires participants to provide their own mat, towel, socks & small apparatus; ie. theraband, spiky ball, chi ball for each class.

AG PHYSIO I Equipment Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
12:30pm					
12:45pm		12:45pm - 1:45pm Equipment Class			
1:00pm					
1:30pm					
4:30pm		4:30pm - 5:30pm Equipment Class		4:30pm - 5:30pm Equipment Class	
5:00pm					
5:30pm	5:30pm - 6:30pm Equipment Class			5:30pm - 6:30pm Equipment Class	
6:00pm					
6:30pm	6:30pm - 7:30pm Equipment Class				

Opening Hours: Monday to Thursday 8am - 6pm & Friday 8am - 5pm

BOOKINGS ARE ESSENTIAL FOR ALL CLASSES

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