

AG PHYSIO I Studio Classes

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

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

BOOKINGS ARE ESSENTIAL I MAX. 2 CLASSES PER WEEK I BOOKINGS CAN ONLY BE MADE 2 WEEKS IN ADVANCE

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			
1:00pm		Equipment Class			
1:30pm					
4:30pm					
5:00pm					
5:30pm	5:30pm - 6:30pm			5:30pm - 6:30pm	
6:00pm	Equipment Class			Equipment Class	
6:30pm	6:30pm - 7:30pm				
	Equipment Class				

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

BOOKINGS ARE ESSENTIAL I MAX. 1 CLASS PER WEEK I BOOKINGS CAN ONLY BE MADE 2 WEEKS IN ADVANCE

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