

AG PHYSIO I Equipment Classes

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

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

BOOKINGS ARE ESSENTIAL | ONLINE BOOKINGS NOW AVAILABLE

AG PHYSIO I Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am					
8:30am	8:30am - 9:30am Active Class w Aidan		8:30am - 9:30am Active Class w Aidan		8:30am - 9:30am Active Class w Aidan
9:00am					
9:30am		9:30am - 10:30am BSB Class w Bec	9:30am - 10:30am BSB Class w Bec	9:30am - 10:30am BSB Class w Bec	9:30am - 10:30am BSB Class w Bec
10:00am					
10:30am					
11:00am					

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

BOOKINGS ARE ESSENTIAL | ONLINE BOOKINGS NOW AVAILABLE