

Velocity Physio

TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:30		Group Exercise		Group Exercise	Group Exercise
8:00 - 9:00	Group Exercise				
8:30 - 9:30				Group Exercise	Group Exercise
9:00 - 10:00	Group Exercise	Group Exercise	Mums & Bubs		
9:45 - 11:15					Yoga
10:00 - 11:00	Group Exercise	Group Exercise	Group Exercise	Group Exercise	
11:00 - 12:00	Group Exercise		Group Exercise	Group Exercise	
11:30					Massage
1:30 - 2:30		Group Exercise		Exercise Physiologists	Massage
2:30 - 3:30		Group Exercise			Massage
3:30 - 4:30	Group Exercise				Massage
4:00 - 5:00		Group Exercise		Group Exercise	Massage
5:00 - 6:00		Group Exercise		Group Exercise	Massage
5:30 - 7:00			Yoga		



Group Exercise: Pilates, Strength & Conditioning, Mum's & Bubs, Happy Feet

Massage: Contact Suzanne – Mobile: 0407 166 153

Yoga: Contact Kirra – Mobile: 0407 790 209