



EXERCISE CLASSES TIMETABLE

March 2024

Exercise Rehabilitation
GLA:D
Telehealth

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
6.30	Nardia	Rosalyn	Stacey	Nardia	Stacey		6.30
7.00	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)		7.00
7.30	Nardia	Rosalyn					7.30
8.00	Exercise Rehab (4)	Exercise Rehab (6)	Stacey		Stacey	Nardia/ Ricky	8.00
8.30	Nardia	Rosalyn	Exercise Rehab (4)		Exercise Rehab (4)	Exercise Rehab (4)	8.30
9.00	Exercise Rehab (4)	Exercise Rehab (4)	Stacey		Stacey	Nardia / Ricky	9.00
9.30	Nardia 1-1 Gym	Rosalyn	EXE Rehab & GLA:D (6)	Andy	Exercise Rehab (4)	Exercise Rehab (6)	9.30
10.00	Rosalyn	Exercise Rehab (6)	Stacey	Exercise Rehab (4)	Stacey	Nardia / Ricky	10.00
10.30	Exercise Rehab (4)		Exercise Rehab (4)		Exercise Rehab (4)	Exercise Rehab (4)	10.30
11.00	Rosalyn			Nardia	Stacey		11.00
11.30	Exercise Rehab (4)		Ciaran	Exercise Rehab (6)	Exercise Rehab (6)		11.30
12.00	Rosalyn		Exercise Rehab (6)	Rosalyn		Ricky	12.00
12.30	Exercise Rehab (4)		Ricky 1-1 Gym	Exercise Rehab (4)		Exercise Rehab (4)	12.30
13.00		Andy		Rosalyn	Andy		13.00
13.30		Exercise Rehab (4)		Exercise Rehab (4)	Exercise Rehab (4)		13.30
14.00		Andy	Andy		Rory		14.00
14.30		Exercise Rehab (4)	Exercise Rehab (4)		Exercise Rehab (4)		14.30
15.00	Ciaran	Emma	Andy		Andy		15.00
15.30	EXE Rehab & GLA:D (6)	Exercise Rehab (4)	Exercise Rehab (4)		Exercise Rehab (4)		15.30
16.00		Emma	Ciaran		Andy		16.00
16.30		Exercise Rehab (4)	EXE Rehab (4)		Exercise Rehab (4)		16.30
17.00	Ricky	Emma	Ricky	Ciaran			17.00
17.30	Exercise Rehab (4)	Exercise Rehab (4)	Exercise Rehab (4)	Exercise Rehab (6)	Travis		17.30
18.00			Ricky		Exercise Rehab(6)		18.00
18.30			Exercise Rehab (4)				18.30
19.00							19.00

Class of 4: Code = 505 Cost = \$57.00 per class (private health is rebateable at time of appointment)

Class of 6: Code = 560 Cost = \$47.00 per class (private health is rebateable at time of appointment) OR
block of 5 for \$210.00 or block of 10 for \$410.00 reduces cost to \$42.00 per class (private health is NOT rebateable at time of

GLA:D: Code = 560 Cost = \$47.00 per class (private health is rebateable at time of appointment) OR
block of 6 for \$250.00 reduces cost to \$42.00 per class (private health is NOT rebateable at time of appointment and will need