



EXERCISE CLASSES TIMETABLE

Exercise Rehabilitation
GLA:D

September 2025

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

Class of 4:

Code = 505

Cost = \$65.00 per class (private health is rebateable at time of appointment)

Class of 6:

Code = 560

Cost = \$54.00 per class (private health is rebateable at time of appointment) OR

block of 5 for \$245.00 or block of 10 for \$490.00 reduces cost to \$49.00 per class (private health is NOT rebateable at time of appointment and will need to be claimed back by yourself at end of the block)

GLA:D:

Code = 560

Cost = \$54.00 per class (private health is rebateable at time of appointment) OR

block of 5 for \$245.00 or block of 10 for \$490.00 reduces cost to \$44.00 per class (private health is NOT rebateable at time of appointment and will need to be claimed back by yourself at end of the block)