



Exercise Rehabilitation  
Exercise for Health

JUNE 2026

| BODY LOGIC PHYSIOTHERAPY EXERCISE CLASS TIMETABLE |                         |                         |                    |                         |                    |                         |       |
|---|-------------------------|-------------------------|--------------------|-------------------------|--------------------|-------------------------|-------|
| TIME  | MONDAY                  | TUESDAY                 | WEDNESDAY          | THURSDAY                | FRIDAY             | SATURDAY                | TIME  |
| 6.30  | Gabby                   | Rosalyn                 | Julian             | Andy                    | Julian             |                         | 6.30  |
| 7.00  | Exercise for Health (4) | Exercise Rehab (6)      | Exercise Rehab (6) | Exercise Rehab (6)      | Exercise Rehab (6) |                         | 7.00  |
| 7.30  | Gabby                   | Rosalyn                 |                    | Gabby                   |                    |                         | 7.30  |
| 8.00  | Exercise for Health (4) | Exercise Rehab (6)      | Julian             | Exercise for Health (4) | Julian             | Ricky/Julian            | 8.00  |
| 8.30  | Gabby                   | Rosalyn                 | Exercise Rehab (4) | Gabby                   | Exercise Rehab (4) | Exercise Rehab (4)      | 8.30  |
| 9.00  | Exercise for Health (4) | Exercise Rehab (4)      | Julian             | Exercise for Health (4) | Julian             | Ricky/Julian            | 9.00  |
| 9.30  | Gabby Gym 1-1           | Rosalyn                 | Exercise 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)      | Darren Gym 1-1          | Exercise Rehab (4) |                         | Exercise Rehab (4) | Exercise Rehab (4)      | 10.30 |
| 11.00   | Rosalyn                 | Darren                  |                    | Ciaran                  | Julian             | Gabby                   | 11.00 |
| 11.30   | Exercise Rehab (4)      | Exercise Rehab (4)      | Ciaran             | Exercise Rehab (6)      | Exercise Rehab (6) | Exercise for Health (4) | 11.30 |
| 12.00   | Rosalyn                 | Rory                    | Exercise Rehab (6) | Rosalyn                 | Darren             | Ricky/Julian            | 12.00 |
| 12.30   | Exercise Rehab (4)      | Exercise Rehab (4)      |                    | Exercise Rehab (4)      | Exercise Rehab (4) | Exercise Rehab (4)      | 12.30 |
| 13.00   | Gabby                   | Andy                    |                    | Rosalyn                 | Andy               | Gabby                   | 13.00 |
| 13.30   | Exercise for Health (4) | Exercise Rehab (4)      |                    | Exercise Rehab (4)      | Exercise Rehab (4) | Exercise for Health (4) | 13.30 |
| 14.00   | Gabby                   | Andy                    | Darren             | Gabby                   | Rory               |                         | 14.00 |
| 14.30   | Exercise for Health (4) | Exercise Rehab (4)      | Exercise Rehab (4) | Exercise for Health (4) | Exercise Rehab (4) |                         | 14.30 |
| 15.00   | Gabby                   | Gabby                   | Darren             | Gabby                   | Andy               |                         | 15.00 |
| 15.30   | Exercise for Health (4) | Exercise for Health (4) | Exercise Rehab (4) | Exercise for Health (4) | Exercise Rehab (4) |                         | 15.30 |
| 16.00   | Ciaran                  | Gabby                   | Ciaran             | Gabby                   | Andy               |                         | 16.00 |
| 16.30   | Exercise Rehab (6)      | Exercise for Health (4) | Exercise Rehab (4) | Exercise for Health (4) | Exercise Rehab (4) |                         | 16.30 |
| 17.00   | Ricky                   | Gabby                   | Ricky              | Ciaran                  |                    |                         | 17.00 |
| 17.30   | Exercise Rehab (4)      | Exercise for Health (4) | Exercise Rehab (4) | Exercise Rehab (6)      |                    |                         | 17.30 |
| 18.00   | Travis                  | Gabby                   | Ricky              | Gabby                   |                    |                         | 18.00 |
| 18.30   | Exercise Rehab (4)      | Exercise for Health (4) | Exercise Rehab (4) | Exercise for Health (4) |                    |                         | 18.30 |

**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)

**Exercise for Health:**  
**Code = 502**

Cost = \$65.00 per class (private health is rebateable at time of appointment)  
Please note these classes are run by an Exercise Physiologist and may be claimable if you have Exercise Physiology cover with your private health insurer.