



EXERCISE CLASS TIMETABLE
Exercise Rehabilitation

July 2026

BODY LOGIC EXERCISE CLASS TIMETABLE							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6.30							6.30
7.00							7.00
7.30							7.30
8.00							8.00
8.30							8.30
9.00							9.00
9.30							9.30
10.00							10.00
10.30							10.30
11.00							Ashleigh Exercise Rehab (4)
11.30					11.30		
12.00							12.00
12.30							12.30
13.00							13.00
13.30							13.30
14.00							14.00
14.30							14.30
15.00							15.00
15.30							15.30
16.00							16.00
16.30	16.30						
17.00	Ashleigh Exercise Rehab (4)	17.00					
17.30		17.30					
18.00		18.00					
18.30		18.30					

Class of 4:
Code = 505

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