



EXERCISE CLASS TIMETABLE

Exercise Rehabilitation

Aug 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						Ervin*	9.00
9.30						Exercise Rehab (4)	9.30
10.00							10.00
10.30					10.30		
11.00					Ashleigh		11.00
11.30					Exercise Rehab (4)		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	17.00					
17.30	Exercise Rehab (4)	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)

* As we have alternating clinicians working on Saturdays, this class is available fortnightly when Ervin is working