

EPSI Weekly Class Timetable

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
7:30am – 8:15am									Rachael (PGR)			
8:00am – 8:45am					Rachael (PGR)		Brod (PGR)					
8:15am – 9:00am									Matt (PGR)			
8:30am – 9:15am	Riley (PGR)											
8:45am – 9:30am			Tash (PGR)		Rachael (PGR)							
9:00am – 9:45am			Rachael (GEC)				Rachael (GEC)				Caitlin (PGR)	
9:30am – 10:15am	Riley (PGR)	Matt (GLA:D)	Tash (PGR)		Rachael (PGR)	Brod (GLA:D)	Riley (PGR)		Rachael (PEAK)	Matt (GLA:D)		
9:45am – 10:30am											Caitlin (PGR)	
10:00am – 10:45am			Caitlin (GEC)				Rachael (GEC)					
10:15am – 11:00am			Tash (PGR)				Riley (PGR)					
10:30am – 11:15am									Matt (PGR)			
11:00am – 11:45am												
4:00pm – 4:45pm							Rachael (PGR)					
4:30pm – 5:15pm					Matt (PGR)							
5:00pm – 5:45pm	Riley (PGR)		Brod (PGR)				Caitlin (PGR)					
5:15pm – 6:00pm					Matt (PGR)							
5:45pm – 6:30pm			Caitlin (PGR)				Caitlin (PGR)					

PGR = Physio Group Rehab

GEC = Group Exercise

GLA:D = GLA:D Program

** Adjustments to the timetable may occur at any time. You must have a booking to attend. Please call on 9439 3290 for more information about our classes. **