

EPSI Weekly Class Timetable

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