

# EPSI Weekly Class Timetable

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

PGR = Physio Group Rehab

GEC = Group Exercise

Vitality = Bone & Joint 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. \*\*