



## Physio group exercise classes

*This schedule is subject to change at short notice*

*Each class runs for 45 minutes*

### Monday

|         |             |
|---------|-------------|
| 8:00am  | Judy Thomas |
| 8:45am  | Judy Thomas |
| 9:30am  | Judy Thomas |
| 12:30pm | Judy Thomas |
| 1:15pm  | Lisa Osmond |
| 2:00pm  | Lisa Osmond |
| 4:30pm  | Helen Jones |
| 5:15pm  | Helen Jones |
| 6:00pm  | Helen Jones |

### Tuesday

|        |               |
|--------|---------------|
| 8:00am | Gen Angley    |
| 8:45am | Gen Angley    |
| 9:45am | Lisa Osmond   |
| 1:14pm | Gen Angley    |
| 2:00pm | Lisa Osmond   |
| 4:45pm | Peter Barrett |
| 5:30pm | Peter Barrett |

### Wednesday

|         |             |
|---------|-------------|
| 8:00am  | Judy Thomas |
| 11:45am | Judy Thomas |
| 12:30pm | Judy Thomas |
| 1:30pm  | Helen Jones |
| 2:15pm  | Gen Angley  |
| 4:45pm  | Judy Thomas |
| 5:30pm  | Gen Angley  |
| 6:15pm  | Gen Angley  |

### Thursday

|         |               |
|---------|---------------|
| 9:00am  | Lisa Osmond   |
| 9:45am  | Lisa Osmond   |
| 10:30am | Gen Angley    |
| 4:30pm  | Peter Barrett |
| 5:15pm  | Peter Barrett |
| 6:00pm  | Helen Jones   |

### Friday

|        |               |
|--------|---------------|
| 8:00am | Helen Jones   |
| 8:45am | Helen Jones   |
| 9:30am | Judy Thomas   |
| 1:15pm | Helen Jones   |
| 2:00pm | Peter Barrett |
| 5:00pm | Peter Barrett |

### Saturday

|        |          |
|--------|----------|
| 8:00am | Rostered |
| 8:45am | Rostered |
| 9:30am | Rostered |

Please call 8295 1294 for cancellations. Due to the high demand for group exercise classes we require a minimum of 5 hours notice for cancellations.

Failure to attend a booked class or give adequate notice may incur a \$10 non-attendance fee. Recurrent non-attendance will forfeit any pre-booked sessions. Workcover and Third Party clients be aware that by not attending scheduled appointments you may be putting your claim at risk.

Helen Jones Peter Barrett Judy Thomas Lisa Osmond Genevieve Angley

ABN: 30 103 341 865

Helen M Jones Pty Ltd ABN: 51 008 181 351 • Peter G Barrett Pty Ltd ABN: 68 078 831 339