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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 6.00am Physio Core Class |  |  |  |
| 6.30am Physio Reformer Core Class | 6.30am Physio Reformer Core Class | 6.30am Physio Reformer Core Class |  |  |
| 7.00am Physio Core Class |  |  |  | 7.00am Physio Core Class |
|  |  |  | 8.00am Intermediate Strength and Balance Class | 8.00am Physio Reformer Core Class |
| 9.30am Intermediate Strength and Balance Class |  | 9.00am Physio Core Class | 9.30am Physio Reformer Core Class |  |
| 10.30am Strength and Balance Class |  | 10.00am Strength and Balance Class | 10.00am Physio Core Class | 10.30am Physio Core Class |
| 10.30am Physio Reformer Core Class | 10.30am Physio Reformer Core Class |  |  | 10.30am Physio Reformer Core Class |
| 11.30am Physio Core Class |  | 12.30pm Prenatal Physio Core Class | 11.30am Mums and Bubs Physio Core Class |  |
|  | 1.00pm Intermediate Strength and Balance Class |  |  |  |
| 3.00pm Physio Reformer Core Class |  | 2.30pm Strength and Balance Class | 2.00pm Physio Reformer Core Class |  |
|  |  | 4.00pm Physio Reformer Core Class |  |  |
| 4.15pm Physio Core Class | 4.15pm Physio Core Class | 4.15pm Physio Core Class | 4.15pm Physio Core Class |  |
|  |  | 5.00pm Physio Reformer Core Class |  |  |
| 5.15pm Physio Core Class | 5.15pm Physio Core Class | 5.15pm Physio Core Class | 5.15pm Physio Core Class |  |
| 6.15pm Physio Core Class |  | 6.15pm Physio Core Class | 6.15pm Physio Core Class |  |

Term 3 starts Monday the 22nd July