



**Exercise Class Timetable
Starting 1st February 2021**

Mon	Tues	Wed	Thu	Friday	Sat
Morning Classes:					
7.30 Advanced Fiona IN GYM ONLY	7.30 Level 4 Jane IN GYM ONLY		7.30 Level 4 Fiona IN GYM ONLY		
9.00 Level 3 Fiona IN GYM ONLY	9.00 Level 3 Loretta	9.00 Level 1 Jane	9.00 Advanced Fiona IN GYM ONLY	9.00 Level 3 Jane	9.00 Circuit Ilona
10.15 Level 2 Fiona IN GYM ONLY	10.15 Level 2 Loretta	10.15 Level 2 Jane IN GYM ONLY	10.15 Level 3 Fiona IN GYM ONLY	10.15 Level 1 Rachael	
11.30 Level 1/2 Fiona IN GYM ONLY		11.30 Level 3 Jane IN GYM ONLY	11.30 Level 2 Fiona IN GYM ONLY	11.30 Level 2 Rachael	
		11.30 Rehab Class Matt IN GYM ONLY			
Afternoon/Evening Classes:					
12.45 Level 2 Gabrielle		3.45 POWER closed class Gabrielle	4.30 Level 2 Gabrielle		
		4.45 Level 1 Gabrielle			
6.00 Level 3 Gabrielle		6.00 Level 2 Ilona			

Where: 5 Knox St, Double Bay (Entrance Goldman Lane)

Phone: 9363 0490 www.bayactivephysio.com.au