



Lockdown Exercise Timetable
ONLINE CLASSES

Mon	Tues	Wed	Thu	Friday
Morning Classes:				
7.30 Advanced David	7.30 Level 4 David		7.30 Level 4 Fiona	
9.00 Level 3 David	9.00 Level 3 Michelle	9.00 Level 1 Michelle	9.00 Advanced Fiona	9.00 Level 3 Rachael
10.15 Level 2 David	10.15 Level 2 Michelle	10.15 Level 2 Michelle	10.15 Level 3 Fiona	10.15 Level 1 Rachael
		11.30 Level 3 Michelle		11.30 Level 2 Rachael
		11.30 Rehab Class Matt		
Afternoon/Evening Classes:				
12.45 Level 2/3 Gabrielle		3.45 POWER closed class Gabrielle	4.30 Healthy Aging Gabrielle	
4.00pm Teen Class Narveen		4.45 Level 1/2 Gabrielle		
6.00 Level 3/4 Gabrielle		6.00 Level 2 David		

During the Sydney Lockdown our classes are run online

Phone: 9363 0490

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