

EXERCISE CLASS TIMETABLE (East Melbourne)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 AM	S/W	STRETCH	S/W			
7.50 AM					STRETCH	
8.50 AM						P40
10.00 AM		S/W			P40	
10.40 AM				S/W		
11.00 AM		S/W	S/W		S/W	
6.10 PM	P40					

P40	- PREG/POST NATAL CIRCUIT CLASS
S/W	- STRENGTHWISE
STRETCH	- PHYSIO STRETCH & FLOW

STENGTHWISE CLASS PRICES
Casual: \$39.00
5 Class Pack: \$185.00 (\$37.00)
10 Class Pack: \$351.00 (\$35.10 per class)
P40 & STRETCH & FLOW CLASS PRICES
Casual Class: \$28.00
5 Class Pack: \$132.00 (\$26.40 per class)
10 Class Pack: \$252.00 (\$25.20 per class)

Note:

Private Health Rebates Available
Depending on Health Fund Cover

*Packs are non-refundable and are to be paid
prior to commencing your first class*

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