

**AVAILABLE TIMES FOR UNSUPERVISED EXERCISE**

<b>MONDAY</b>	11am –2pm 2.45pm– 4:00pm 5pm– 7pm
<b>TUESDAY</b>	11.30am –4.30pm
<b>WEDNESDAY</b>	12:30-5:30pm
<b>THURSDAY</b>	10.00am—5pm
<b>FRIDAY</b>	11.15am - 5pm
<b>SATURDAY</b>	8.00am-9.00am 11.00am-1pm

*\*Please phone ahead to make a booking for unsupervised exercise due to COVID-19 spacing restrictions*

*\* Please note that opening times are subject to change depending on appointments.*



# McLaren Vale Group Exercise Timetable

*June 2021*

Ph: 8323 8058

## Equipment Class Timetable

Effective Feb 2021

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Matthew	Brea	Erica	Brea (8.45am)	Erica	Megan
9:30am	Matthew	Brea	Erica	Brea (9.15am)	Courtney	
10:00am		Brea	Aleisha		Courtney	
10:30am	Erica	Brea	Aleisha		PINC Group Lauren	
11:00am		Brea				
12:00pm			Erica			
1:00pm	PINC Lauren (1.30pm)					
2:00pm	PINC Lauren				Equestrian Group Lauren	
4pm— 4.30pm	Erica (4:00pm)	Courtney (4:30pm)				
5:00pm		Courtney		Brea		
5:30pm			Megan			

Equipment Classes run for up to 1 hour. This includes an optional 30 minutes of cardio exercise in our cardio room prior to your scheduled time and 30 minutes of supervised class. All class participants must be individually assessed by a physio-therapist and several 1:1 sessions are generally required prior to attending classes, at the discretion of the physiotherapist.

Real time ultrasound assessment of deep abdominal muscles is available.

**Bookings are essential and failure to provide more than 2 hours notice may result in a cancellation fee.**

## Mat Class Timetable

Effective Feb 2021

Tuesday	Thursday	Saturday
<p>10.00am</p> <p><b>McLaren Vale Lodge*</b></p> <p>Courtney</p> <p>Pilates, Stretch and Balance</p> <p>(Ideal for older clients and those wanting a gentle class)</p>		<p>10:00am</p> <p><b>McLaren Vale</b></p> <p>Yasmin</p>
<p><i>*Please note: lodge classes are only available to lodge residents during COVID-19</i></p>		
<p>6.10pm</p> <p><b>McLaren Vale</b></p> <p>Aleisha</p>		

Mat classes run for approximately 45 minutes. Maximum 9 per class.

**Bookings are essential and failure to provide more than 2 hours notice may result in a cancellation fee.**