

AVAILABLE TIMES FOR UNSUPERVISED
EXERCISE



MONDAY

11.30am –6pm

TUESDAY

9am-6pm

WEDNESDAY

10.30am –6pm

THURSDAY

9am-4:30pm

FRIDAY

10am-5pm

SATURDAY

9.45am-12pm

Aldinga Group Exercise Timetables

Equipment Class Timetable
Feb 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Jess W				8:20am Jess W	
9:15am Yasmin		9am Brea		9am Brea	9am Jess L
10am Yasmin			4:30pm Jess W		
			5:15pm Yasmin		

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 class time and 30 minutes of supervised class. All class participants must be individually assessed by a physiotherapist 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
Feb 2021

Monday	Tuesday	Thursday	Saturday
10.45am Aldinga Women's Health Class Yasmin <i>With Crèche</i>	10.00am McLaren Vale Lodge Stretch and Balance Courtney		10:00am McLaren Vale Yasmin
	6.10pm McLaren Vale Aleisha	6.45pm Aldinga Yasmin	

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.