

AVAILABLE TIMES FOR
UNSUPERVISED EXERCISE



MONDAY

11am – 6pm

TUESDAY

9:45am—6pm

WEDNESDAY

9:45am – 6:30pm

THURSDAY

9am—5pm

FRIDAY

9:45am—5pm

SATURDAY

10:45am—12:45pm

Aldinga Group Exercise Timetables

Sep 2022

Ph: 85565150

Equipment Class Timetable
Sep 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:20am Danni	
9:15am Emma	9:00am Danni	9:00am Brea		9:00am Brea	9:00am Jess L
10:00am Emma					10:00am Aleisha
			5:15pm Kaleb		

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
Sep 2022

Tuesday	Thursday	Saturday
10.00am McLaren Vale Lodge* Aleisha Pilates, Stretch and Balance (Ideal for older clients and those wanting a gentle class)		10:30am McLaren Vale Emma
*Please note: lodge classes are only available to lodge residents during COVID-19		
6:10pm McLaren Vale Emma	6:10pm Aldinga Aleisha	

Mat classes run for approximately 45 minutes. Maximum 8 per class.
Bookings are essential and failure to provide more than 2 hours notice may result in a cancellation fee.