

AVAILABLE TIMES FOR UNSUPERVISED EXERCISE

MONDAY 9:30am –1:30pm
2:30pm– 7pm

TUESDAY 11:30am –4pm

WEDNESDAY 11am-6pm

THURSDAY 10:00am—7pm

FRIDAY 11:30 am - 2pm
3pm– 5pm

SATURDAY 8:00am– 8:30am
10:30am-1pm

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



McLaren Vale Group Exercise Timetable

Sept 2022

Ph: 8323 8058

Equipment Class Timetable

Effective Sep 2022

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Danni	Brea	Danni	Brea (8:45am)	Aleisha	Emma (8:45am)
9:30am		Brea	Danni	Brea (9:15am)	Courtney	Courtney PINC & Steel (9:20am)
10:00am	Hayley Postnatal Circuit 24Fit	Brea Emma Bone Density 24Fit	Janhavi Aleisha Postnatal Circuit 24Fit	Emma Bone Density 24Fit	Courtney	
10:30am		Brea	Janhavi		PINC Lauren	
11:00am		Brea				
12:00pm			Bree Postnatal Coming Soon			
1.30pm	PINC Lauren					
2:00pm						
4.30pm		Courtney				
5:00pm						
5:30pm		Emma				

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 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

Effective 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
<i>*Please note: lodge classes are only available to lodge residents during COVID-19</i>		
6:10pm McLaren Vale Emma	6:10pm Aldinga Aleisha	

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.