



EXERCISE PHYSIOLOGY

SA Aquatic & Leisure Centre

GROUP GYM & HYDROTHERAPY TIMETABLE

	MON	TUE	WED	THUR	FRI
8:30 AM	GROUP GYM		GROUP GYM	GROUP GYM	GROUP GYM
9:00 AM			GROUP HYDRO		
9:45 AM			GROUP HYDRO		
10:30 AM	PERSONAL PROGRAM GROUP HYDRO		PERSONAL PROGRAM GROUP HYDRO		PERSONAL PROGRAM GROUP HYDRO
1:00 PM		PERSONAL PROGRAM GROUP HYDRO		PERSONAL PROGRAM GROUP HYDRO	
3:30 PM	GROUP GYM				
4:00 PM			GROUP GYM		
5:00 PM		GROUP GYM			
5:30 PM				GROUP GYM	

Group Sessions

Group Session (Item Code #502) - \$15

Group Session Pack (10 sessions) - \$120

Individual Appointments

Initial Assessment (Item Code #102) - \$100

Reassessment (Item Code #202) - \$80

Individual Appointment (Item Code #202)- \$80

