

Group Fitness Timetable

Spring 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES		<p>Yoga 7:00am - 8:00am</p> <p>Clinical Exercises 8:00am - 8:40am</p> <p>Clinical Exercises 8:40am - 9:20am</p> <p>Clinical Exercises 9:20am - 10:00am</p>	<p>Clinical Exercises 9:30am - 10:10am</p>	<p>Clinical Exercises 8:00am - 8:40am</p> <p>Clinical Exercises 9:30am - 10:10am</p>	<p>Clinical Exercises 6:50am - 7:30am</p> <p>Clinical Exercises 7:30am - 8:10am</p> <p>Clinical Exercises 8:10am - 8:50am</p> <p>Clinical Exercises 9:00am - 9:40am</p> <p>Clinical Exercises 9:40am - 10:20am</p>
WINNING ON WELLBEING		<p>Tai Chi 11:10am - 12:00pm</p>		<p>Balance Class 10:10am - 10:50am</p>	<p>Clinical Exercises 10:20am - 11:00am</p>
EVENING ENLIVENED	<p>Clinical Exercises 4:40pm - 5:20pm</p> <p>Clinical Exercises 5:20pm - 6:00pm</p> <p>Clinical Exercises 6:00pm - 6:40pm</p> <p>Yoga 6:00pm - 7:00pm</p>	<p>Clinical Exercises 5:10pm - 5:50pm</p>	<p>Yoga 4:00pm - 5:00pm</p> <p>Clinical Exercises 5:10pm - 5:50pm</p> <p>Clinical Exercises 5:50pm - 6:30pm</p>		



FOR UPDATES, WEBSITES,, AND
OTHER COOL STUFF SCAN HERE!

#GETAPHSACTIVE

Have you thought about becoming a regular attendee of our clinical exercise classes? Join our Stripe membership to receive a permanent weekly class time, a cheaper rate and a free pair of grippy socks!

ARARAT PHYSIO & CO



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