

CLINICAL EXERCISE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		KYLIE PLUNKETT			
8:30Am		KYLIE PLUNKETT			
9:00am		KYLIE PLUNKETT	IFRAH KHALID		JESS TUCKER
9:30am		KYLIE PLUNKETT	IFRAH KHALID	LISA HADDOW	JESS TUCKER
10:00am		KYLIE PLUNKETT	IFRAH KHALID	LISA HADDOW	JESS TUCKER
10:30am		KYLIE PLUNKETT	IFRAH KHALID		JESS TUCKER
11:00am			IFRAH KHALID		
4:00pm		IFRAH KHALID			
4:30pm	IFRAH KHALID	IFRAH KHALID		LISA HADDOW	
5:00pm	IFRAH KHALID	IFRAH KHALID	KYLIE PLUNKETT	LISA HADDOW	
5:30pm	IFRAH KHALID	IFRAH KHALID	KYLIE PLUNKETT	LISA HADDOW	
6:00pm			KYLIE PLUNKETT		

CLINICAL EXERCISE CLASS INFO

HOW DO I BOOK IN?

To book into these sessions you MUST have had an initial assessment with a Physiotherapist or Exercise Physiologist. This assessment will assess your problem/needs, create a treatment plan and curate your exercises around your personal goals.

WE REQUIRE PRE-PAYMENT FOR ALL CLASSES

Payment options are:

- ✂ Pre-book & pay one class at a time
Pay in the clinic (EFTPOS/Credit Card/Cash) or over the phone using your Credit Card
- ✂ Book via our website www.aphs.net.au and pay through the online booking platform (Stripe)
- ✂ Purchase a 10 class "Class Pass" - \$180 For Yoga/Pilates. \$120 For Foundation Yoga/Tai Chi/Balance/Supremo's
Pay in the clinic (EFTPOS/Credit Card/Cash)

WHAT IF I NEED TO CANCEL MY APPOINTMENT?

We require you to give 24 hours' notice so we can refund you the full amount.

If you are unwell or have any mild cold/flu symptoms, please cancel your booking and we will also fully refund you.

PLEASE NOTE that Class cancellations with less than 24 hours' notice, will not receive a refund.