

Group Class Timetable 2019 - Starts May 20th



	8:00am	9.30am	10.00am	10.30am	12.00pm	1.00pm	1.30pm	3.00pm	6.00pm
Monday									Group Exercise
Tuesday						Group Exercise			
Wednesday		Group Exercise		Strong to the Bone					Group Exercise
Thursday								Strong to the Bone	
Friday	Free Walking Group	Group Exercise			Group Exercise				

EP Clinical Hours - Mike Fitzsimon

Mon 4.30pm to 8pm / 3pm to 8pm

Tues 8am to 5pm / 1pm to 8pm

Wed 8am to 8pm

Thur 3pm to 8pm / 8am to 5pm

Fri 8am to 5pm

Clinic Contacts

Phone 9304 0500

Fax 9304 0555

www.prideplus.com.au