



# Clinical Exercise Class

## WEEKLY TIMETABLE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>SETH</b></p> <p>6:30 AM 7:30 AM</p>	<p><b>JESAL</b></p> <p>7:00 AM 8:00 AM 10:30 AM</p>	<p><b>JESAL</b></p> <p>6:30 AM 8:30 AM</p>	<p><b>SETH</b></p> <p>6:30 AM 7:30 AM</p>	<p><b>JESAL</b></p> <p>7:30 AM 8:30 AM</p>	<p><b>SETH</b></p> <p>8:00 AM  10:00 AM</p>
<p><b>JESAL</b></p> <p>8.30 AM 9.30 AM</p>	<p><b>AMANDA</b></p> <p>9.00 AM</p>	<p><b>SETH</b></p> <p>9:30 AM</p>	<p><b>AMANDA</b></p> <p>8:30 AM 9:30 AM</p>	<p><b>AMANDA</b></p> <p>9:30 AM</p>	
<p><b>RICHARD</b></p> <p>1:30 PM</p>	<p><b>RICHARD</b></p> <p>1.30 PM</p>		<p><b>SETH</b></p> <p>10:30 AM</p>	<p><b>NERISSA</b></p> <p>10.30 AM</p>	
<p><b>NERISSA</b></p> <p>2:30 PM 6:00 PM</p>	<p><b>NERISSA</b></p> <p>2.30 PM</p> <p><b>SETH</b></p> <p>5:00 PM 6:00 PM 7:00 PM</p>	<p><b>SETH</b></p> <p>2:00 PM 3:00 PM</p> <p><b>NERISSA</b></p> <p>5.30 PM 6.30 PM</p>	<p><b>AMANDA</b></p> <p>11:30 AM</p> <p><b>NERISSA</b></p> <p>1:30 PM</p> <p><b>RICHARD</b></p> <p>5:00 PM 6:00 PM 7:00 PM</p>	<p><b>RICHARD</b></p> <p>1:30 PM 2:30 PM</p>	

**PLEASE NOTE:**  
40 min Assessment required before joining group class.

**Class Assessment**

Item Code: 500  
Cost: \$162.00

**Group Class**

Item Code: 560  
Cost: \$67.50

**HCF**

Item Code: 561



@northernsportsphysiotherapy