



**BodyCare  
Physiotherapy**

**EXERCISE CLASS TIMETABLE**

**PLEASE BRING A TOWEL AND WATER BOTTLE TO THE EXERCISE CLASSES**

<b>DAY</b>	<b>START</b>	<b>FINISH</b>	<b>CLASS</b>	<b>THERAPIST</b>
<b>MONDAY</b>	<b>9.00am</b>	<b>10.00am</b>	<b>Exercise - Advanced</b>	<b>Kate Minter</b>
	<b>10.00am</b>	<b>11.00am</b>	<b>Exercise – Beginners / Intermediate</b>	<b>Kate Minter</b>
	<b>11.00am</b>	<b>12.00pm</b>	<b>Exercise - Intermediate</b>	<b>Kate Minter</b>
<b>TUESDAY</b>	<b>12.15pm</b>	<b>1.15pm</b>	<b>Hip/Joint Replace class</b>	<b>Kate Minter</b>
<b>WEDNESDAY</b>	<b>9.00am</b>	<b>10.00am</b>	<b>Exercise - Advanced</b>	<b>Kate Minter</b>
	<b>10.00am</b>	<b>11.00am</b>	<b>Exercise – Beginners / Intermediate</b>	<b>Kate Minter</b>
<b>THURSDAY</b>	<b>12.15pm</b>	<b>1.15pm</b>	<b>Hip/Joint Replace class</b>	<b>Kate Minter</b>
<b>FRIDAY</b>	<b>9.00am</b>	<b>10.00am</b>	<b>Exercise - Advanced</b>	<b>Kate Minter</b>
	<b>10.00am</b>	<b>11.00am</b>	<b>Exercise – Beginners / Intermediate</b>	<b>Kate Minter</b>
	<b>11.00am</b>	<b>12.00pm</b>	<b>Exercise - Intermediate</b>	<b>Kate Minter</b>

**PILATES TIMETABLE**

**PLEASE BRING A TOWEL AND WATER BOTTLE TO THE PILATES CLASSES**

<b>DAY</b>	<b>START</b>	<b>FINISH</b>	<b>CLASS</b>	<b>THERAPIST</b>
<b>TUESDAY</b>	<b>11.00am</b>	<b>12.00pm</b>	<b>Pilates - Intermediate</b>	<b>Kate Minter</b>
<b>WEDNESDAY</b>	<b>11.00am</b>	<b>12.00pm</b>	<b>Pilates - Essential</b>	<b>Kate Minter</b>
<b>THURSDAY</b>	<b>11.00am</b>	<b>12.00pm</b>	<b>Pilates - Intermediate</b>	<b>Kate Minter</b>

**\* A physiotherapy assessment (cost \$70, rebates available through your Health Fund) is required in our clinic prior to commencement of exercise and pilates classes.**

**\* The cost of classes is \$15 per session. Rebates are available through your Health Fund, rebate amounts vary according to your level of cover.**

**\* Bookings for classes are made at Reception.**