

During Stage 3 and 4 Covid restrictions, we will no longer be running group physiotherapy sessions. Instead we will offer 30 minute individual sessions at a discounted Covid rate. We can also assess, diagnose and treat online (telehealth) if you prefer not to attend the clinic.

## Group Physiotherapy Timetable

**PLEASE NOTE - Following the re-instated Stage 3 restrictions in July, we will no longer be running group physiotherapy sessions. Instead we will offer 30 minute individual sessions at a discounted Covid rate.**

### ALL CLASSES ARE CLAIMABLE ON PRIVATE HEALTH INSURANCE

MON	TUES	WED	THUR	FRI	SAT
				7.45 am Group Physio	7.30 am Group Physio
9.15 am Group Physio	9.15 am Group Physio	9.00 am Group Physio	9.30 am Group Physio	9.00 am Group Physio	8.15 am Group Physio
		9.45 am Group Physio		9.45 am Group Physio	9.00 am Group Physio
10.00 am Group Physio	10.00 am Group Physio				9.45 am Group Physio
	10.45 am Group Physio	10.30 am Group Physio	10.15 am Group Physio		10.30 am Group Physio

MON	TUES	WED	THUR	FRI	SAT
11.15 am Group Physio	11.30 am Mums & Bubs			11.30 am Mums & Bubs	11.15 am Group Physio
3.30 pm Group Physio		1.45 pm Group Physio		1.45 pm Group Physio	12.00 pm Clinical Pilates
		2.30 pm Group Physio			
5.00 pm Group Physio	5.00 pm Group Physio				
6.15 pm Group Physio	5.45 pm Group Physio		5.45 pm Group Physio		
7.00 pm Group Physio	6.30 pm Group Physio	6.15 pm Group Physio	6.30 pm Group Physio		
	7.15 pm Group Physio	7.00 pm Group Physio			
	08.30pm Group Physio	07.45 pm Group Physio			