



Balwyn Sports & Physiotherapy Centre  
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## Group Therapy Exercise Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8.00</b> Group Therapy Nick Rees	<b>8.45</b> Group Therapy Mel	<b>8.00</b> Group Therapy Richie		<b>9.00</b> Group Therapy Dana	<b>8.00</b> Group Therapy Alex/Dana/Richie/Mel/Nick Gray
	<b>9.30</b> Group Therapy Richie	<b>9.00</b> Group Therapy Alex	<b>9.15</b> Group Therapy Dana	<b>9.45</b> Group Therapy Mel	<b>9.00</b> Group Therapy Alex/Dana/Richie/Mel/Nick Gray
<b>10.00</b> Group Therapy Richie		<b>9.45</b> Group Therapy Alex	<b>10.15</b> S.B.P Mel	<b>10.30</b> Group Therapy Mel	<b>9.45</b> Group Therapy Alex/Dana/Richie/Mel/Nick Gray
<b>12.00</b> Group Therapy Richie		<b>11.45</b> Group Therapy Dana			<b>10.30</b> Group Therapy Alex/Dana/Richie/Mel/Nick Gray
		<b>12.30</b> Group Therapy Dana	<b>12.30</b> Group Therapy Richie	<b>12.00</b> Group Therapy Dana	
		<b>1.15pm</b> Group Therapy Dana		<b>1.00pm</b> S.B.P Mel	
<b>16.00</b> Group Therapy Dana		<b>14.00</b> Group Therapy  Dana	<b>16.00</b> Group Therapy  Alex		
			<b>17.00</b> Group Therapy Alex		

<b>17.45 Group Therapy</b> Dana	<b>17:45 Group Therapy</b> Mel	<b>17.00 Group Therapy</b> Mel	<b>17.45 Group Therapy</b> Alex		
<b>18.30 Group Therapy</b> Dana	<b>18.30 Group Therapy</b> Richie	<b>18.30 Group Therapy</b> Mel	<b>18.30 Group Therapy</b> Alex		
<b>19.15 Group Therapy</b> Dana					

**Group Therapy:** 45 minute class run by Physiotherapists using mat-work, reformer and trapeze.

**S.B.P:** This program is specifically designed for **adults over 65 years of age**, consisting of combination of cardiovascular, strength and balance exercise.

- Full Body assessment highly recommended \*Cancellation fees apply
- N.B. If only one participant is booked, the class is subject to cancellation. We will of course inform you if this occurs
- PRIVATE HEALTH/HICAPS REBATES AVAILABLE
- BOOKINGS ESSENTIAL: 9836 7000