



West Lakes Physio – Sports & Rehab

PHYSIO GROUP EXERCISE SESSIONS – 18/10/2021

This schedule is subject to change at short notice

(NB all classes are 45 minutes duration)

Monday	9.00am – 9.45am	Peter Barrett
	10.00am --10.45am	Peter Barrett
	1.00pm – 1.45pm	Shane Ryan (GLAD)
	2.00pm – 2.45pm	Sandy Woolman
	4.30pm – 5.15pm	Peter Barrett
	5.30pm – 6.15pm	Sandy Woolman
Tuesday	9.00am – 9.45am	Sandy Woolman
	10.00am – 10.45am	Sandy Woolman
Wednesday	9.30am – 10.15am	Peter Barrett
	10.30am – 11.15am	Peter Barrett
	4.45pm – 5.30pm	Peter Barrett
	5.30pm -- 6:15pm	Peter Barrett
Thursday	9.00am-9.45am	Peter Valle
	1.00 – 1.45pm	Peter Valle (GLAD)
	2:00pm - 2.45pm	Shane Ryan
	3.00pm- 3.45pm	Sandy Woolman
Friday	8.00am – 8.45am	Peter Barrett
	9.00am – 9.45am	Peter Barrett
	10.00am-10.45am	Sandy Woolman
	11.00am -11.45am	Sandy Woolman
	4.40pm – 5.30pm	Shane Ryan

Due to the high demand for Exercise classes we require a minimum of 5 hours notice for cancellations.

Recurrent non-attendance will forfeit any pre-booked sessions.

Return to Work and Third Party clients be aware that by not attending schedule appointments you may be putting your claim at risk