



## West Lakes Physio – Sports & Rehab

### PHYSIO GROUP EXERCISE SESSIONS

**This schedule is subject to change at short notice**  
(NB all classes are 45 minutes duration)

<b>Monday</b>	9.00 am - 9.45 am	John Valente
	9.45 am - 10:30 am	John Valente
	1.45 pm - 2.30 pm	Sandy Woolman
	4.45 pm - 5.30 pm	John Valente
	5.30 pm - 6.15 pm	Sandy Woolman
<b>Tuesday</b>	9.15 am - 10:00 am	Sandy Woolman
	10.00 am - 11.00 am	Sandy Woolman
	4.45 pm - 5.30 pm	John Valente
<b>Wednesday</b>	9.30 am - 10.15 am	Peter Barrett
	10.15 am - 11.00 am	Peter Barrett
	4.45 pm - 5.30 pm	Peter Barrett
<b>Thursday</b>	9.15 am - 10:00 am	John Valente
	2:15 pm - 3.00 pm	Shane Ryan
	3.15 pm - 4.00 pm	Sandy Woolman
<b>Friday</b>	8.00 am - 8.45 am	Peter Barrett
	8.45 am - 9.30 am	Peter Barrett
	10.00 am - 10.45 am	Sandy Woolman
	10.45 am - 11.30 am	Sandy Woolman
	4.45 pm - 5.30 pm	Shane Ryan

**Due to the high demand for Exercise classes, we require a minimum of 24 hours notice for cancellations. A late cancellation fee of \$20 will apply.**

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

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