

O-health | CLASS TIMETABLE

Exercising with others in our fun, supportive environment can have other positive benefits. It can boost your mental wellbeing and your confidence towards exercise and get you back to doing more of the things you love!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am Ortho	7:15am O-strength	6:30am O-strength	8:45am DVA	6:30am O-strength	8:15am Core-health
10:00am DVA	7:15am Men's Core-health	8:45am OA-health	9:30am Ortho	7:15 am Core-health	9:00am Oncology Rehab
10:45am O-strength	8:15am DVA	2:00pm DVA	9:30am OA-health	10:30am Group EP	
11:00am Group EP	9:00am Group EP	5:15pm Core-health	10:15am Senior Strength	11:30am Group EP	
12:00pm O-strength	10:00am Group EP		11:00am Oncology Rehab	11:30am Maternity-health	
12:15pm Senior Strength	5:15pm Core-health		1:00pm O-strength	12:30pm Maternity-health	
4:15pm Youth Performance			4:30pm O-strength		
5:30pm O-strength			5:45pm Golf-health		
6:00pm Maternity-Health					
6:15pm O-strength					

New to O-health? Book a trial class

www.o-health.com.au | (02) 6021 2777