

GROUP CLASS TIMETABLE

Our group classes offer a fun and motivating environment to help you move better, feel better and live better.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio	O-gym	Studio	O-gym	Studio	O-gym	Studio	O-gym	Studio	O-gym
	9AM O-strength		7.30AM O-strength		6.30AM O-strength	7:30AM Core-health		7:30AM Core-health	
	10AM DVA		8.15AM DVA				8:15AM DVA		9 AM O-strength
	11AM Group EP		9AM Group EP	10.45AM OA-health	10AM Group EP	9:30AM OA-health	9AM Group EP		10AM Group EP
	12PM Group EP		10:15AM O-strength		11.30AM Oncology	10:15AM Sen. Strength	11AM O-strength		11AM Group EP
12.15PM Sen. Strength			1:30PM Group EP		1:30PM Group EP		1:30PM Oncology		
	2:45PM Group EP		2:30PM Group EP		2:00PM DVA		2:30PM Group EP		2PM Group EP
	4.15PM Youth Perf				2:30PM Group EP	4.15PM O-strength	3:30PM Group EP		
5.30PM O-strength		5.15PM Core-health		5.15PM Core-health		5.00PM Oncology			

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Join our group classes and experience the power of community movement, where fitness is fun, rewarding, and focused on your well-being in a supportive environment.

Core-health

Pilates-based exercise on the mat to keep your back and core strong.

O-strength

A whole body strength workout with your injuries in mind to keep you doing what you love.

Oncology Rehab

Recovery after cancer treatment, combining the best of yoga for flexibility, Pilates for strength and Cardio for fitness.

Group EP

A group class but with your own unique exercise program to help you reach specific goals.

Ortho

Designed to help people maximise their recovery from hip and knee replacements.

Youth Performance

Aimed at young athletes looking to improve strength and decrease their risk of injury during sport.

OA-health

The focus of this class is to improve strength to manage or prevent joint osteoarthritis (OA)

Senior Strength

An interactive exercise class to improve your strength and mobility as you age.

Type II Diabetes

A medicare-subsidised exercise program for those with Type 2 Diabetes. This class runs in line with our Group EP class.

DVA

An exercise class for all DVA cardholders.

Golf-health

Strength and mobility to improve your golf game without hitting a ball.

Need more information?

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