

FULL GROUP CLASS TIMETABLE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio	O-gym	Studio	O-gym	Studio	O-gym	Studio	O-gym	Studio	O-gym
		7.30AM- GB O-strength		6.30AM- LB O-strength		7.30AM- GB Core-health (F)		7.30AM- MC Core-health	
		8:15 AM- MD DVA				8:15 AM- MD DVA			
9 AM - LG O-strength		9:15 AM- AS CMP		9:00AM- LG OA-health		9:15 AM- MD CMP		9:00 AM- GB O-strength	
10 AM - AS CMP		10:15 AM - MD O-strength		10 AM- GB CMP	10 AM- AS DVA	11 AM- MD Sen. Strength		10 AM- GB CMP	
11 AM - GB CMP	11AM- AS DVA	11:30 AM- PH Oncology (M)		11.30AM- PH Oncology (F)		11:45 AM - MD O-strength	11:45 AM- LK NDIS- sml gro	11 AM- AS CMP	
12:15 PM- GB Sen. Strength									
		1:30 PM- MD CMP		1:30 PM- MD CMP		2:00 PM- GB CMP			1 PM- GB NDIS
2:45PM- MD CMP	2:45 PM- GB NDIS	2:30 PM- GB CMP		2:30 PM- AS CMP		3 PM- AS CMP		2 PM- MD CMP	
4:00 PM- AS Youth Perf						4.15PM- JW O-strength			
5:30 PM- AC O-strength		5:15 PM- ET O-strength		5:15 PM- ET O-strength		5.00PM- PH Oncology (F)			

Orange- Circuit based group classes. Blue- Follow the leader group classes. Teal- CMP. Cyan- DVA. Purple- Onc. Light Orange- NDIS

GROUP CLASS TIMETABLE



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