PRO MOTION

FUNCTIONAL REHAB GYM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am	EP Small Group - Brooke		EP Small Group - Hayden	EP Small Group - Brooke		
8am		EP Small Group - Hayden		EP Small Group - Brooke	EP Small Group - Hayden	HIIT*
9am	EP Small Group - Brooke	EP Small Group - Hayden	EP Small Group - Hayden		EP Small Group - Brooke	EP Small Group*
10am	Mature Movers - Brooke		EP Small Group - Hayden		Mature Movers - Brooke	EP Small Group*
11am	EP Small Group - Brooke & Hayden	EP Small Group - Hayden	Mature Movers - Hayden	EP Small Group - Brooke	EP Small Group - Brooke & Hayden	
12pm		OA GLA:D - Emily			OA GLA:D - Emily	
					Mature Movers - Hayden	
1pm		EP Small Group - Hayden				
3pm	Diabetes - Hayden	Mums in Motion Gym - Anna	Diabetes - Hayden			
4pm	Teen Strength & Conditioning - Hayden	Teen Strength & Conditioning - Brooke		Teen Strength & Conditioning - Hayden		
6pm		OA GLA:D - Katie		OA GLA:D - Graeme		
		EP Small Group - Brooke		EP Small Group - Hayden		

Note: *Saturday is a rotating roster between Exercise Physiologists.
HIIT: High Intensity Interval Training, OA GLA:D: Hip & Knee Osteoarthrtis Program

PROmotion Opening Hours: Mon, Wed, Thurs: 7am-7pm, Tues: 6.30am-7pm, Fri: 7am-6pm, Sat: 8am-1pm

MOVEMENT IS OUR MEDICINE

www.promotionhealth.com.au
admin@promotionhealth.com.au

PRO MOTION

PHYSIO REHAB TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am		Rachel				
7am	Emily & Rachel	Carla & Paul	Alyce, Emily & Katie	Alyce & Carla	Emily & Rachel	
8am	Rachel	Alyce	Meaghan & Rachel	Alyce	Emily , Katie & Rachel	Physio Rehab*
9am	Emily & Katie	Carla & Rachel	Emily, Katie & Rachel	Carla	Katie & Rachel	Physio Rehab*
10am	Katie & Rachel	Alyce, Carla & Rachel		Alyce & Anna	Carla, Emily & Rachel	Physio Rehab*
11am	Katie	Anna		Carla & Rachel	Alyce & Rachel	Physio Rehab*
12pm		Alyce	Meaghan & Rachel	Emily	Paul	
1pm	Carla, Rachel & Meaghan	Katie & Paul		Katie (SR)		
2pm		Alyce		Katie & Rachel		
3pm	Alyce	Rachel	Carla		Alyce	
4/4:15 pm	Carla & Katie (SA), Meaghan	Katie (SA)	Alyce	Emily (SA) & Katie	Paul & Alyce (SA)	
5pm	Alyce & Emily	Emily & Rachel	Paul	Rachel		
6pm	Carla & Emily	Emily & Rachel	Alyce	Emily		
				Rachel - Yoga		

Note: SA; School Age. SR; Shoulder Rehab *Saturday is a rotating roster between Physiotherapists.

WOMEN'S HEALTH TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	10.30am: Mums & Bubs Mat			11am: Mums & Bubs Mat	10.30am: Mums & Bubs Mat
Afternoon		3pm: Mums in Motion Gym Circuit	2pm: Mums & Bubs Equipment		3pm: Mums & Bubs Equipment
Late		6pm: Pregnancy Mat	6pm: Pregnancy Mat		

08 9284 4405
9 Leura Avenue, Claremont
www.promotionhealth.com.au
admin@promotionhealth.com.au