

# Spring Exercise Classes



**Call** (03) 8323 0155

**Visit** [lifereadyphysio.com.au](http://lifereadyphysio.com.au)

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TIMES	Mon	Tue	Wed	Thurs	Fri	Sat
9:00am						9:00am
10:00am	10:00am	10:00am	10:00am	10:00am		9:40am
11:00am					10:30am	10:20am
12:00pm					11:10am	
1:00pm		1:00pm				12:00pm
2:00pm				2:00pm		12:40pm
4:00pm		4:00pm		4:00pm		
5:00pm		5:00pm	5:20pm	5:00pm		
6:00pm	6:00pm			6:20pm		
7:00pm	6:40pm	6:40pm	6:40pm	7:00pm		
	7:20pm		7:20pm	7:40pm		

*Class times may vary. Please check with reception for updates. Maximum of 3 participants per class*

