



## Group Physio (Strength) Classes 2026

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Time: 8am</b> Physio: Tim Mullane	<b>Time: 7.00am</b> Physio: Anthony Lance	<b>Time: 7.00am</b> Physio: Rob O'Donnell	<b>Time: 8.15am</b> Physio: Audrey Day	<b>Time: 9.30am</b> Physio: Jarrad Jansz	Time: 8am Physio's alternate each week	
<b>Time: 10.15am</b> Physio: Anthony Lance	<b>Time: 9.30am</b> Physio: Patrick Arceri	<b>Time: 11.30am</b> Physio: Jarrad Jansz	<b>Time: 10.30am</b> Physio: Trisha Vinekar	<b>Time: 12.00pm</b> Physio: Patrick Arceri	<b>Time: 9.00am</b> Physio's alternate each week	
<b>Time: 11.30pm</b> Physio: Tim Mullane	<b>Time: 12.00pm</b> Physio: Jarrad Jansz	<b>Time: 1.30pm</b> Physio: Trisha Vinekar	<b>Time: 11.45am</b> <b>Physio:</b> Jarrad Jansz	<b>Time: 1.00pm</b> Physio: Seth O'Donnell		
<b>Time: 12.30pm</b> Physio: Patrick Arceri	<b>Time: 1.00pm</b> Physio: Jarrad Jansz	<b>Time: 2.30pm</b> Physio: Patrick Arceri	<b>Time: 1pm</b> Physio: Patrick Arceri	<b>Time: 2.00pm</b> Physio: Trisha Vinekar		
<b>Time: 1.30pm</b> Physio: Patrick Arceri	<b>Time: 2pm</b> Physio: Tim Mullane	<b>Time: 5pm</b> Physio: Trisha Vinekar	<b>Time: 7.00pm</b> Physio: Jarrad Jansz			
<b>Time: 6.00pm</b> Physio: Seth O'Donnell	<b>Time: 7.00pm</b> Physio: Jarrad Jansz	<b>Time: 6pm</b> <b>Physio:</b> Tim Mullane				
<b>Time: 7.00pm</b> Physio: Trisha Vinekar		<b>Time: 7pm</b> Physio: Patrick Arceri				