SSPC Southern Suburbs Physio Centre

Group Physio (Strength) Classes 2026

MON	TUE	WED	THU	FRI	SAT	SUN
Time: 8am Physio: Tim Mullane		**Time: 7.00am** Physio: Rob O'Donnell	**Time: 8.15am** Physio: Audrey Day	**Time: 9.30am** Physio: Jarrad Jansz	Time: 8am Physio's alternate each week	
Time: 10.15am Physio: Charlie Wilkinson	**Time: 9.30am** Physio: Patrick Arceri	**Time: 10.00am** Physio: Charlie Wilkinson	**Time: 10.30am** Physio: Trisha Vinekar	**Time: 12.00pm** Physio: Patrick Arceri	**Time: 9.00am** Physio's alternate each week	
Time: 11.30pm Physio: Tim Mullane	**Time: 12.00pm** Physio: Jarrad Jansz	**Time: 11.30am** Physio: Jarrad Jansz	**Time: 11.45am** **Physio:** Jarrad Jansz	**Time: 1.00pm** Physio: Charlie Wilkinson	**Time: 10.00am** Physio's alternate each week	
Time: 12.30pm Physio: Patrick Arceri	**Time: 1.00pm** Physio: Jarrad Jansz	**Time: 12.30pm** Physio: Tim Mullane	**Time: 1pm** Physio: Patrick Arceri	**Time: 2.00pm** Physio: Trisha Vinekar		
Time: 1.30pm Physio: Patrick Arceri	**Time: 2pm** Physio: Tim Mullane	**Time: 2.30pm** Physio: Patrick Arceri	**Time: 7.00pm** Physio: Jarrad Jansz			
Time: 6.00pm Physio: Trisha Vinekar	**Time: 7.00pm** Physio: Jarrad Jansz	**Time: 5pm** Physio: Trisha Vinekar				
Time: 7.00pm Physio: Trisha Vinekar		**Time: 6pm** **Physio:**Tim Mullane				
		Time: 7pm Physio: Patrick Arceri				