



bounce

health group

CORE STABILITY & STRENGTH

CLASSES FOR TERM 2 2019

Commencing Tuesday 23rd of April 2019

Finishing Saturday 29th of June 2019

MONDAY	(8 weeks)	<i>– Public Holidays Monday 22nd of April (Easter Monday) & Monday 10th of June (Queen’s Birthday)</i>	
12.30pm	Sherrie	Semi-Private	Rowville
5.00pm	Daniel	Semi -Private	North Ringwood
5.30pm	Cat	Semi-Private	Blackburn <i>*Commencing on 15th of April (9 weeks)</i>
6.15pm	Cat	Semi-Private	Blackburn <i>*Commencing on 15th of April (9 weeks)</i>
6.30pm	Sherrie	Semi-Private	Rowville
7.00pm	Cat	Semi-Private	Blackburn <i>*Commencing on 15th of April (9 weeks)</i>
7.45pm	Cat	Semi-Private	Blackburn <i>*Commencing on 15th of April (9 weeks)</i>
TUESDAY	(10 weeks)		
11.15am	Cat	Semi-Private	Blackburn <i>*Commencing on 16th of April (11 weeks)</i>
12.00pm	Cat	Semi-Private	Blackburn <i>*Commencing on 16th of April (11 weeks)</i>
12.45pm	Rosie	Semi-Private	Blackburn
5.00pm	Sherrie	Semi-Private	Blackburn
6.00pm	Billy	Semi- Private	Rowville <i>*Commencing on Tuesday 30th of April (9 weeks)</i>
6.30pm	Rosie	Semi-Private	Blackburn <i>*Commencing on Tuesday 30th of April (9 weeks)</i>
7.15pm	Rosie	Semi-Private	Blackburn <i>*Commencing on Tuesday 30th of April (9 weeks)</i>
WEDNESDAY	(10 weeks)		
9.15am	Briony	Semi-Private	Blackburn
9.15am	Sherrie	Semi-Private	Rowville
6.30pm	Tim	Semi-Private	Blackburn
7.00pm	Daniel	Semi-Private	Rowville
7.15pm	Tim	Semi-Private	Blackburn
THURSDAY	(9 weeks)	<i>– Public Holiday Thursday 25th of April (ANZAC DAY)</i>	
9.15am	Sherrie	Semi-Private	Blackburn
10.00am	Samara	Semi-Private	Rowville
1.00pm	Daniel	Semi-Private	North Ringwood
1.00pm	Briony	Semi-Private	Blackburn
4.30pm	Briony	Semi-Private	Blackburn
5.15pm	Cat	Semi-Private	Blackburn <i>*Commencing on 18th of April (10 weeks)</i>
6.00pm	Rosie	Semi-Private	Blackburn
6.45pm	Rosie	Semi-Private	Blackburn
SATURDAY	(10 weeks)		
8.00am	Samara	Semi-Private	Rowville
8.15am	Tim	Semi-Private	Blackburn
9.00am	Tim	Semi-Private	Blackburn
9.45am	Rosie	Semi- Private	Blackburn
10.30am	Rosie	Semi-Private	Blackburn

PRIVATE HEALTH CODES

502 – Group Exercise Physiology
(classes with Sherrie)

OR

560 – Group Physiotherapy