



bounce

health group

CORE STABILITY & STRENGTH

CLASSES FOR TERM 3 2019

Commencing Monday 15th of July 2019
 Finishing Saturday 21st of September 2019

MONDAY (10 weeks)
 12.30pm Sherrie (EP) Semi-Private
 5.00pm Daniel Semi-Private
 5.30pm Cat Semi-Private
 6.15pm Cat Semi-Private
 6.30pm Sherrie (EP) Semi-Private
 7.00pm Cat Semi-Private
 7.45pm Cat Semi-Private

Rowville
 North Ringwood
 Blackburn - (9 weeks only)
 Blackburn - (9 weeks only)
 Rowville
 Blackburn - (9 weeks only)
 Blackburn - (9 weeks only)

TUESDAY (10 weeks)
 11.15am Cat Semi-Private
 12.00pm Cat Semi-Private
 12.45pm Rosie Semi-Private
 5.00pm Sherrie (EP) Semi-Private
 6.00pm Billy Semi-Private
 6.30pm Rosie Semi-Private
 7.15pm Rosie Semi-Private

Blackburn - (9 weeks only)
 Blackburn - (9 weeks only)
 Blackburn
 Blackburn
 Rowville
 Blackburn
 Blackburn

WEDNESDAY (10 weeks)
 9.15am Briony Semi-Private
 9.15am Sherrie (EP) Semi-Private
 6.30pm Tim Semi-Private
 7.00pm Daniel Semi-Private
 7.15pm Tim Semi-Private

Blackburn - (6 weeks only)
 Rowville
 Blackburn
 Rowville
 Blackburn

THURSDAY (10 weeks)
 10.00am Samara Casual
 1.00pm Daniel Semi-Private
 1.00pm Briony Semi-Private
 4.30pm Briony Semi-Private
 5.15pm Cat Semi-Private
 6.00pm Rosie/Kara Semi-Private
 6.45pm Rosie/Kara Semi-Private

Rowville - (9 weeks only)
 North Ringwood
 Blackburn - (6 weeks only)
 Blackburn - (6 weeks only)
 Blackburn - (9 weeks only)
 Blackburn
 Blackburn

SATURDAY (10 weeks)
 8.00am Samara Casual
 8.15am Tim Semi-Private
 9.00am Tim Semi-Private
 9.45am Rosie Semi-Private
 10.30am Rosie Semi-Private

Rowville - (9 weeks only)
 Blackburn
 Blackburn
 Blackburn
 Blackburn

PRIVATE HEALTH CODES

502 – Group Exercise Physiology
(classes with Sherrie)
 OR
 560 – Group Physiotherapy