

NORTH RINGWOOD

BALANCE & STRENGTH SCHEDULE

Monday

12:30 - 1:30
Matt Bailey
(Exercise
Physiologist)

Tuesday

Wednesday

10am - 11am
Matt Bailey
(Exercise
Physiologist)

11am - 12pm
Matt Bailey
(Exercise
Physiologist)

Thursday

Friday

9am - 10am
Matt Bailey
(Exercise
Physiologist)

Please contact us on 1300 855 442 to enquire about joining a class as some classes may be at capacity