



Telephone: (08) 8522 6611

# Physio-Wise Class Timetable

Physio-Wise runs a wide variety of professional health classes. Our full class timetable (below) shows what's currently on offer by Physio-Wise.

Please visit our website at <https://www.physio-wise.com.au/> for more details or call us at the Gawler Clinic on: (08) 8522 6611.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Clinical Exercise</b> 11am - 11:50am Physio-Wise Gawler	<b>Strength and Balance</b> 2:30pm - 3:20pm Physio-Wise Gawler	<b>Mums &amp; Bubs</b> 10am - 10:50am Physio-Wise Gawler	<b>Clinical Exercise</b> 10:30am - 11:20am Physio-Wise Gawler	<b>Strength and Balance</b> 10am - 10:50am Physio-Wise Gawler	
<b>Hydrotherapy</b> 2pm - 2:50pm STARplex Swim Centre Gawler	<b>Clinical Exercise</b> 6:30pm - 7:20pm Physio-Wise Gawler	<b>Hydrotherapy</b> 1:30pm - 2:20pm STARplex Swim Centre Gawler	<b>Clinical Exercise</b> 6:30pm - 7:20pm Physio-Wise Gawler	<b>Hydrotherapy</b> 1:30pm - 2:20pm STARplex Swim Centre Gawler	
<b>Supervised Gym</b> 3pm - 3:30pm STARplex Gym Gawler		<b>Strength and Balance</b> 2pm - 2:50pm Physio-Wise Gawler			
<b>Supervised Gym</b> 3:30pm - 4pm STARplex Gym Gawler		<b>Supervised Gym</b> 2:30pm - 3pm STARplex Gym Gawler			