

Live streamed Exercise Class Timetable

30minute sessions

Download the Zoom Cloud Meetings App

Book your appointment by emailing info@portmelbournephysio.com.au

You will be sent a link to your class via email the night before

	Mon	Tues	Wed	Thurs	Fri	Sat
08:00 AM	08:00 AM	08:00 AM	08:00 AM	08:00 AM	08:00 AM	
09:00 AM						09:00 AM
10:00 AM						10:00 AM
11:00 AM						11:00 AM
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	
01:00 PM						
02:00 PM	02:00 PM					
03:00 PM						
04:00 PM	04:00 PM					
05:00 PM				05:20PM		
06:00 PM	06:00 PM	06:00 PM	06:00 PM			
07:00 PM		07:00 PM				
08:00 PM				08:00 PM		