

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:30 AM							
8:30 AM							
9:30 AM							
10:00 AM		Physiotherapy Avondale Heights					
11:00 AM						Physiotherapy Ascot Vale	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM			Physiotherapy Avondale Heights				
4:00 PM							
5:00 PM	Physiotherapy Ascot Vale	Physiotherapy Ascot Vale		Physiotherapy Ascot Vale			
5:30 PM							
6:30 PM							
7:00 PM				Injury Rehab Class			