

TERM 1 2019 TIMETABLE

WILLOUGHBY

TERM	START	FINISH	WEEKS
1	Tue 29 Jan	Sat 13 Apr	Mon 10 wks Tue - Sat 11 wks

LEVEL	DAY	STUDIO 1	STUDIO 2	STUDIO 3
FOUNDATIONS	Mon		6.30pm	10.15am *5.00pm (5 WK FAST TRACK)
	Tue	*5.15pm (5 WK FAST TRACK)		
	Thu		*10.15am (5 WK FAST TRACK) 12.30pm	7.00am
	Fri		11.30am	
	Sat		11.30am	
FLOPPY	Mon	8.00am 1.45pm 5.00pm	10.45am 5.30pm *7.30pm (PLUS)	
	Tue	11.45am 12.45pm	7.00am *8.00am (PLUS) *11.30am (PLUS) 12.30pm 6.00pm 7.15pm	
	Wed	*11.30am (PLUS) 4.00pm 7.15pm	*10.45am (PLUS) 11.45am	
	Thu		9.15am 1.30pm	5.00pm
	Fri	12.30pm	10.15am	
	Sat	7.00am	8.15am (PLUS) 9.15am 10.15am	
ADVANCED FLOPPY	Mon	7.00am 10.30am 11.30am 6.15pm		
	Tue	6.15pm		
	Wed	7.00am 10.30am		
	Thu	10.30am 7.15pm		
	Fri	7.00am 9.15am		
	Sat	8.00am		

LEVEL	FEES PER TERM	
	Mon (10 wks)	Tue - Sat (11 wks)
Foundations	\$380	\$418
Flippy Floppy Floppy Plus Dodgy Knees Strong Bones Core Burn	\$360	\$396
Advanced Flippy Advanced Floppy Athlete Burn	\$310	\$341
Fast Track Foundations (5 wks)	\$190	

OUR MISSED CLASS POLICY

If you miss a class you have a maximum of 2 make-ups in a term available to use. Make-ups are provided on first come, first served basis. Please remember to book! We do not refund or give credits for missed or unused classes.

CONTACT US

WILLOUGHBY STUDIOS

Suites 14 and 17
77 Penshurst Street
Willoughby, NSW 2068

PO Box 788 Willoughby
NSW 2068

P: 02 9958 2239 F: 02 9958 7904

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MOORE PARK STUDIO

207-2A The Entertainment Quarter
122 Lang Road,
Moore Park NSW 2021

P: 02 8356 9666 F: 02 8356 9466

E: moorepark@physiocise.com.au

www.physiocise.com.au

LEVEL	DAY	STUDIO 1	STUDIO 2	STUDIO 3
FLIPPY	Mon	9.15am 12.45pm 8.15pm		
	Tue	1.45pm 4.00pm		5.30pm
	Wed	9.15am	9.20am	
	Thu	8.00am 11.45am		
	Fri	11.30.am		
ADVANCED FLIPPY	Mon	7.15pm		
	Tue	8.00am 9.15am 10.30am 7.30pm		
	Wed	12.30pm 6.15pm		
	Thu	7.00am 9.30am 12.45pm		
	Fri	8.00am		
	Sat	9.00am		
DODGY KNEES	Mon		8.30am (STAGE 2) 9.30am	
	Tues		10.30am	
	Wed	8.00am		
	Thu			8.00am
	Fri	10.15am		
ATHLETE BURN	Tue	7.00am		
	Wed	8.15pm		
STRONG BONES	Mon			9.15am (STAGE 2) 12.45pm (STAGE 1) 4.00pm (STAGE 2)
	Tue			9.30am (STAGE 2)
	Wed			9.30am (STAGE 2) 1.15pm (STAGE 2)
	Thu			10.30am (STAGE 2) 11.45am (STAGE 1) 12.45pm (STAGE 2) 1.45pm (STAGE 2) 6.00pm (STAGE 2)
	Sat			10.15am (STAGE 1)
CORE BURN	Mon			6.30pm
	Tue		9.30am	
	Thu			9.30am

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