

Supervised Exercise Sessions

Effective as of 11 May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
8am - 9am Olivia		8am - 9am Olivia	8am - 9am Jake	8am - 9am Olivia
9am - 10am Jake				9am - 10am Jake
10am - 11am Olivia	10am - 11am Olivia	10am - 11am Olivia	10am - 11am Jake	10am - 11am Olivia
	11am - 12noon Olivia			
4pm - 5pm Jake	5pm - 6pm Olivia		5pm - 6pm Jake	

All sessions are supervised by an Accredited Exercise Physiologist (AEP)



Book online at www.scsportsmed.com.au