

GROUP FITNESS GLA:D PROGRAM

(note: class times may be subject to change as per demand)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>GLA:D 6 week Program</u> 6 week program consisting of education and group exercise Targeted to patients with hip and/or knee osteoarthritis. (2 x sessions per week) Group exercise sessions billed using code 560 As our group sessions are based on each individual's rehabilitation or fitness needs an initial 1:1 assessment is required prior to beginning any sessions. Assessment \$105 Group sessions \$39each (x12) Final assessment \$86 <u>Please contact your individual health fund to confirm cover.</u> No classes 22 Dec 2025 – 2 Jan 2026
10:00AM						
11:00AM						
12:00PM						
1:00PM		GLA:D 1:00-2:00 Lucy		GLA:D 1:00-2:00pm Lucy	GLA:D 1:00-2:00 Riley	
2:00PM			GLA:D 2:00-3:00 Riley			
3:00PM						
4:00PM						
5:00PM						
6:00PM	GLA:D 6:00-7:00 Taylah		GLA:D 6:00-7:00 Riley			