



PHYSIOCARE360

360 GYM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						

Quantity	Price	Price/session
x1 session	\$30	\$30
x5 sessions	\$130	\$26
x10 sessions	\$240	\$24
x20 sessions	\$440	\$22

Note: All session are covered by private health insurance Physio extras

Physio-guided, client-specific gym classes aimed at promoting overall health.



Please consult your Physio at your next appointment to see if our client-specific gym classes would benefit you.

-

A 360 Gym Assessment is required before attendance.

This is your initial assessment for entry into 360 Gym. Goal setting and program development will be undertaken after we assess your medical history and perform a light physical examination.

-

All sessions have a maximum of 6 attendees, so we ask that you make your bookings in advance to secure your preferred time slot. As spots are limited, please allow 24 hours notice as per our Cancellation Policy if you are unable to attend a class. *

*A fee may be charged for non-attendance or cancellations outside our cancellation policy