

Clinical Class Schedule

P4 Movement Clinical classes are specifically designed for small groups, ensuring that each client receives focused and individualised attention during their sessions. By keeping group size small, our experienced healthcare professionals can closely monitor and address the unique needs of each client, providing targeted therapy and support.

TIME	MON	TUE	WED	THU	FRI
9:00 AM	PD CIRCUIT			PD MOVERS	CIRCUIT
10:00 AM	BALANCE @ BULLI			SUPERVISED STRENGTH BEGINNER	
10:15 AM			SUPERVISED STRENGTH BEGINNER		
10:30 AM		SUPERVISED STRENGTH ADVANCED		SUPERVISED STRENGTH ADVANCED	SUPERVISED STRENGTH ADVANCED
11:00 AM		BALANCE @ P4 GYM		BALANCE @ P4 GYM	
12:00 PM					
12:15 PM					NEURO-FIT
1:15 PM					
2:30 PM					
3:15 PM		CLINICAL PILATES			
4:15 PM		*TEEN STRENGTH			