

Class Times

These times don't suit?

Please ask! We will see how we can accommodate your time needs.

	Warwick	Stanthorpe
Physiotherapy Exercise Class	Tues 10am Thurs 10am	
Core Strength Exercise Class	Mon 9am Wed 4pm (Men Only) Thurs 9am	Wed 4pm *coming soon 48 Marsh St Stanthorpe
Hydrotherapy Class*	Tues 1.30-2.15pm, 2.15-3pm Thurs 1.30-2.15pm *At WIRAC	
Balance Class	Wed 2.30pm	
Chronic Disease Exercise Class	Mon 10.30am Fri 10.30am	Wed 9am 48 Marsh St Stanthorpe
Type II Diabetes Class	Wed 11.30am Fri 11.30am	
NDIS Exercise Class	Wed 10.30am	
Women's Health Class	Thurs 5.30pm	



Book Online Now

www.thephysiocentre.com.au/book-online



The Physiotherapy Centre

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