

HEALTHY MATES

PHYSIOTHERAPY | EXERCISE PHYSIOLOGY | HYDROTHERAPY
202 Hargreaves St, Bendigo VIC 3550

Health &
Conditioning
Complex

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open 8am	Open 8am	Open 8am	Open 8am	Open 8am	Open 9am	Open 10am
9am							
10am		Neuro Group Hydrotherapy 10am-11am					
1pm		1pm-2pm Supervised Hydro		1pm-2pm Supervised Hydro			
2pm							
3pm	3pm-4pm SUPERVISED HYDRO		3pm-4pm SUPERVISED HYDRO		3pm-4pm SUPERVISED HYDRO		
4pm							
5.30pm	5.30-6.30PM WATER AEROBICS		5.30pm-6.30pm WATER AEROBICS				
6.30pm			6.30-7.30pm PRE NATAL WATER AEROBICS				
	Close 7.30pm	Close 7pm	Close 8pm	Close 7pm	Close 6pm	Close 11am	Close 12pm

** Sunday opening hours are seasonal and may be extended during Winter Sporting Seasons.*

**Bookings are essential for all classes and can be made via phone or email. Please note that class times are subject to change.
For all Physiotherapy appointments, please call or visit our website**