

## HYDROTHERAPY TIMETABLE - DAW PARK

| MON                             | TUE | WED                           | THU | FRI | SAT                            |
|---------------------------------|-----|-------------------------------|-----|-----|--------------------------------|
| 5:00 PM<br>Individual           |     | 4:30 PM<br>Group + Individual |     |     | 12:00 PM<br>Group + Individual |
| 5:30 PM<br>Group + Individual   |     | 5:00 PM<br>Group + Individual |     |     | 12:30 PM<br>Individual         |
| 6:00 PM<br>Individual           |     | 5:30 PM<br>Group + Individual |     |     | 1:00 PM<br>Group + Individual  |
| 6:30 PM<br>Group + Individual   |     |                               |     |     | 1:30 PM<br>Individual          |
| 7:00 PM<br>Ante/Postnatal Group |     |                               |     |     |                                |
| 7:30 PM<br>Individual           |     |                               |     |     |                                |



Sessions held at Repat Health Precinct, lead by our  
Physiotherapists

