



LOAD CLASS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri	Sat
7AM	LOAD Sam C	LOAD Jono	LOAD Sam C	LOAD Ben	CIRCUIT Richard	
6PM	LOAD Ben	LOAD Sam C	LOAD Ben	LOAD Lachy	LOAD (6:20pm) Ben	

*V.O = Vaccinated-only classes

We request participants bring their own towels, water bottles and grip socks and allow sufficient time for cleaning of equipment on use.

Subject To Change from time to time
 Practitioner subject to change without warning due to availability.
 We will endeavour to keep current at www.reload.physio/class timetable