

**HYDROTHERAPY Public Session Hours - 5th October**  
**BOOKINGS ARE ESSENTIAL— Go to our website to book in!**



DAY	MORNING	LUNCH	EVENING
MON	6.00am to 6.45am	12 to 1pm	4.30pm to 5.30pm
	7.00am to 7.45am		5.30pm to 6.30pm
TUE	6.00am to 6.45am	12 to 1pm	4:30pm to 5.30pm
	7.00am to 7.45am		5.30pm to 6.30pm
	8.00am to 8.45am		
WED	6.00am to 6.45am	12 to 1pm	4.30pm to 5.30pm
	7.00am to 7.45am		5.30pm to 6.30pm
THU	6.00m to 6.45am	12 to 1pm	4:30 to 5.30pm
	7.00am to 7.45am		5.30pm to 6.30pm
FRI	6.00am to 6.45am	12 to 1pm	---
	7.00am to 7.45am		
SAT	7.00am to 7.45am	---	---
	8.00am to 8.45am		