

BODYSYSTEM® REHAB

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Opening Hours 8:30am – 6:00pm	2 Opening Hours 8:30am – 6:00pm	3 Opening Hours 8:30am – 6:00pm	4 Rehab Studio Closed
5 Rehab Studio Closed	6 Opening Hours 8:30am – 6:00pm	7 Opening Hours 8:30am – 6:00pm	8 Opening Hours 8:30am – 6:00pm Closed 12:00pm-2:00pm	9 Opening Hours 8:30am – 6:00pm	10 Opening Hours 8:30am – 6:00pm	11 Rehab Studio Closed
12 Rehab Studio Closed	13 Opening Hours 8.30.00pm – 6:00pm	14 Opening Hours 8:30am – 6:00pm	15 Opening Hours 8:30am – 6:00pm	16 Opening Hours 8:30am – 6:00pm	17 Opening Hours 8:30am – 6:00pm	18 Rehab Studio Closed
19 Rehab Studio Closed	20 Opening Hours 8:30am – 6:00pm	21 Opening Hours 8:30am – 6:00pm	22 Opening Hours 8:30am – 6:00pm Closed 10:30am-2:00pm	23 Opening Hours 8:30am – 6:00pm	24 Opening Hours 8:30am – 6:00pm	25 Rehab Studio Closed
26 Rehab Studio Closed	27 Opening Hours 8:30am – 6:00pm	28 Opening Hours 8:30am – 6:00pm	29 Opening Hours 8:30am – 6:00pm Closed 10:30am-2:00pm	30 Opening Hours 8:30am – 6:00pm	31 Opening Hours 8:30am – 6:00pm	

NOTE: BODYSYSTEM Rehab Studio has a strict 6:00pm closing time, please ensure you have finished your prescribed exercise program prior to this time. BODYSYSTEM reserves the right to change or alter operational hours at any time without notice.