BODYSYSTEM® REHAB

December 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 Opening Hours 8:30am – 6:00pm	5 Rehab Studio Closed
6 Rehab Studio Closed	7 Opening Hours 8.30.00pm – 6:00pm	8 Opening Hours 8.30.00pm – 6:00pm	9 **Closed** **8:30am-2:00pm** Opening Hours 2.00.00pm – 6:00pm	10 Opening Hours 8:30am – 6:00pm	11 Opening Hours 8:30am – 5:00pm	12 Rehab Studio Closed
13 Rehab Studio Closed	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 Opening Hours 8:30am – 6:00pm	19 Rehab Studio Closed
20 Rehab Studio Closed	21 Opening Hours 8:30am – 6:00pm	22 Opening Hours 8:30am – 6:00pm	23 Opening Hours 8:30am – 6:00pm	24 Opening Hours 8:30am – 1:00pm	25 Christmas Day Rehab Studio Closed	26 Rehab Studio Closed
27 Rehab Studio Closed	28 Boxing Day Rehab Studio Closed	29 Opening Hours 8:30am – 6:00pm	30 Opening Hours 8:30am – 6:00pm	31 Opening Hours 8:30am – 1:00pm		

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.