

# SEAFORTH PHYSIO CLASS TIMETABLE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
REHAB – GENERAL 7.30 - 8.15 KATE	REHAB – GENERAL 8.00 – 8.45 ALICE				PILATES REFORMER 7.30 – 8.20 MICHELLE
PILATES REFORMER 8.30 - 9.20 KATE	REHAB – GENERAL 8.45 – 9.30 ALICE	PILATES REFORMER 8.30 – 9.20 JEN	PILATES REFORMER 8.30 - 9.20 KATE	PILATES REFORMER 8.30 – 9.20 JEN	PILATES REFORMER 8.30 – 9.20 MICHELLE
PILATES REFORMER 9.30 - 10.20 KATE	OSTEOCISE 9.30 – 10.20 ROBBIE	PILATES MAT 9.30 – 10.20 JEN	OSTEOCISE 9.30 – 10.20 KATE	PILATES MAT 9.30 – 10.20 JEN	
	PILATES MAT 10.30 - 11.20 SUELLEN	PILATES REFORMER 10.30 – 11.20 JEN		PILATES REFORMER 10.30 – 11.20 JEN	
FUNCTIONAL MOVEMENT & BALANCE 12 – 12.45pm			FUNCTIONAL MOVEMENT & BALANCE 12 – 12.45pm	REHAB – GENERAL 12 - 12.45pm IZZY	
		REHAB – GENERAL 12.45 – 1.30 IZZY	REHAB – GENERAL 12.45 – 1.30 KATE	REHAB – GENERAL 12.45 – 1.30 ALICE	
STRENGTH & CONDITIONING 17.00-17.50	OSTEOCISE 2.00 – 2.50 ROBBIE	STRENGTH & CONDITIONING 1.30 – 2.20	OSTEOCISE 2.00 – 2.50 SHARON		
OSTEOCISE 18.00-18.50 SHARON	PILATES REFORMER 18.00 – 18.50 MICHELLE	STRENGTH & CONDITIONING 18.00 – 18.50	OSTEOCISE 18.00-18.50 SHARON		
REHAB – GENERAL 19.00 -19.50 ALICE	PILATES REFORMER 19.00 – 19.50 MICHELLE				