

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REHAB - GENERAL 7:30 - 8:15 KATE	REHAB - GENERAL 8:00 - 8:45 ALICE				CORE & FITNESS PILATES REFORMER 7:30 - 8:20 MICHELLE
CORE & FITNESS PILATES REFORMER 8:30 - 9:20 KATE	REHAB - GENERAL 8:45 - 9:30 ALICE	CORE & FITNESS PILATES REFORMER 8:30 - 9:20 JEN	CORE & FITNESS PILATES REFORMER 8:30 - 9:20 KATE	CORE & FITNESS PILATES REFORMER 8:30 - 9:20 JEN	CORE & FITNESS PILATES REFORMER 8:30 - 9:20 MICHELLE
CORE & FITNESS PILATES REFORMER 9:30 - 10:20 KATE	OSTEOCISE 9:30 - 10:20 EP	CORE & FITNESS PILATES MAT 9:30 - 10:20 JEN	OSTEOCISE 9:30 - 10:20 PHYSIO	CORE & FITNESS PILATES MAT 9:30 - 10:20 JEN	STRENGTH + CONDITIONING 9:30 - 10:20 EP
FALLS PREVENTION NEURO 10:30 - 11:20 EP	CORE & FITNESS PILATES MAT 10:30 - 11:20 SUELLEN	CORE & FITNESS PILATES REFORMER 10:30 - 11:20 JEN	FALLS PREVENTION NEURO 10:30 - 11:20 EP	CORE & FITNESS PILATES REFORMER 10:30 - 11:20 JEN	STRENGTH + CONDITIONING 10:30 - 11:20 EP
FUNCTIONAL BALANCE + MOVEMENT 11:30 - 12:20 EP			FUNCTIONAL BALANCE + MOVEMENT 11:30 - 12:20 EP		
		REHAB - GENERAL 12:45 - 1:30 IZZY	REHAB - GENERAL 12:30 - 1:15 ALICE	REHAB - GENERAL 12:45 - 13:30 ALICE	
FUNCTIONAL BALANCE + MOVEMENT 1:30 - 2:20 EP	OSTEOCISE 2:00 - 2:50 PHYSIO	FUNCTIONAL BALANCE + MOVEMENT 1:30 - 2:20 EP	OSTEOCISE 2:00 - 2:50 EP		
STRENGTH + CONDITIONING 17:00 - 17:50 EP					
OSTEOCISE 18:00 - 18:50 EP	STRENGTH + CONDITIONING 18:00 - 18:50 EP	STRENGTH + CONDITIONING 18:00 - 18:50 EP	OSTEOCISE 18:00 - 18:50 EP		
REHAB - GENERAL 19:00 - 19:50 ALICE	CORE & FITNESS PILATES REFORMER 19:00 - 19:50 MICHELLE				