

# Seaforth Physio & EP Class Timetable



| MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                   | SATURDAY                                |
|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|------------------------------------------|-----------------------------------------|
| PILATES REFORMER<br>8.30 - 9.20<br>JEN    | STRENGTH & COND<br>7.30 - 8.15<br>LUCAS   | PILATES REFORMER<br>8.30 - 9.20<br>JEN    | PHYSIO REHAB<br>8.00 - 8.45<br>ROBBIE     | PILATES REFORMER<br>8.30 - 9.20<br>JEN   | PILATES REFORMER<br>7.30 - 8.20<br>CRIS |
| PILATES REFORMER<br>9.30 - 10.20<br>JEN   | STRENGTH & COND<br>8.15 - 9.00<br>Lucas   | PILATES MAT<br>9.30 - 10.20<br>JEN        |                                           | PILATES MAT<br>9.30 - 10.20<br>JEN       | PILATES REFORMER<br>8.30 - 9.20<br>CRIS |
| MOVE & BALANCE<br>11.00 - 11.45<br>LUCAS  | OSTEOCISE<br>9.30 - 10.20<br>LUCAS        | PILATES REFORMER<br>10.30 - 11.20<br>JEN  | OSTEOCISE<br>9.30 - 10.20<br>LUCAS        | PILATES REFORMER<br>10.30 - 11.20<br>JEN |                                         |
| MOVE & BALANCE<br>12.00 - 12.45<br>LUCAS  | MOVE & BALANCE<br>12.00 - 12.45<br>LUCAS  | PILATES REFORMER<br>11.30 - 12.20<br>JEN  | MOVE & BALANCE<br>12.00 - 12.45<br>LUCAS  | PHYSIO REHAB<br>12.00 - 12.45<br>ROBBIE  |                                         |
|                                           |                                           | PHYSIO REHAB<br>12.45 - 13.30<br>ROBBIE   | PHYSIO REHAB<br>12.45 - 13.30<br>ROBBIE   |                                          |                                         |
| STRENGTH & COND<br>16.00 - 16.50<br>LUCAS | OSTEOCISE<br>14.00 - 14.50<br>LUCAS       | MOVE & BALANCE<br>13.30 - 14.15<br>LUCAS  | OSTEOCISE<br>14.00 - 14.50<br>LUCAS       | OSTEOCISE<br>14.00 - 14.50<br>JESS       |                                         |
| STRENGTH & COND<br>17.00 - 17.50<br>LUCAS | PILATES REFORMER<br>18.00 - 18.50<br>CRIS | STRENGTH & COND<br>18.00 - 18.50<br>LUCAS | STRENGTH & COND<br>17.00 - 17.50<br>LUCAS |                                          |                                         |
| OSTEOCISE<br>18.00 - 18.50<br>LUCAS       | PILATES REFORMER<br>19.00 - 19.50<br>CRIS | PHYSIO REHAB<br>19.00 - 19.45<br>RICHIE   | OSTEOCISE<br>18.00 - 18.50<br>LUCAS       |                                          |                                         |