

Seaforth Physio & EP Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH & COND 7.30 - 8.15 TRISTAN	STRENGTH & COND 8.30 - 9.15 TRISTAN	STRENGTH & COND 7.30 - 8.15 TRISTAN	LOWER BACK 8.00 - 8.50 TRISTAN	STRENGTH & COND 7.30 - 8.15 TRISTAN
	STRENGTH & COND 8.15 - 9.00 TRISTAN	ARTHRITIS 9.30 - 10.15 TRISTAN	PHYSIO REHAB 8.30 - 9.15 ROBBIE		STRENGTH & COND 8.30 - 9.15 TRISTAN
MOVE & BALANCE 11.00 - 11.45 LUCAS	OSTEOCISE 9.30 - 10.20 TRISTAN		OSTEOCISE 9.30 - 10.20 TRISTAN	OSTEOCISE 9.30 - 10.20 TRISTAN	OSTEOCISE 9.30 - 10.20 TRISTAN
MOVE & BALANCE 12.00 - 12.45 LUCAS	MOVE & BALANCE 12.00 - 12.45 TRISTAN		MOVE & BALANCE 12.00 - 12.45 LUCAS	MOVE & BALANCE 11.00 - 11.45 TRISTAN	
		MOVE & BALANCE 13.30 - 14.15 LUCAS		ARTHRITIS 12.00 - 12.45 TRISTAN	
STRENGTH & COND 16.00 - 16.50 LUCAS	OSTEOCISE 14.00 - 14.50 LUCAS	TEEN STRENGTH 16.30 - 17.20 LUCAS	OSTEOCISE 14.00 - 14.50 LUCAS		
STRENGTH & COND 17.00 - 17.50 LUCAS	STRENGTH & COND 17.00 - 17.50 LUCAS	STRENGTH & COND 18.00 - 18.50 LUCAS	STRENGTH & COND 17.00 - 17.50 LUCAS		
OSTEOCISE 18.00 - 18.50 LUCAS	LOWER BACK 18.00 - 18.50 LUCAS	PHYSIO REHAB 19.00 - 19.45 RICHIE	OSTEOCISE 18.00 - 18.50 LUCAS		