

Seaforth Physio & EP Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PILATES REFORMER 8.30 - 9.20 JEN	STRENGTH & COND 7.45 - 8.30 LUCAS	PILATES REFORMER 8.30 - 9.20 JEN		PILATES REFORMER 8.30 - 9.20 JEN	PILATES REFORMER 7.30 - 8.20 CRIS
PILATES REFORMER 9.30 - 10.20 JEN	PHYSIO REHAB 8.45 - 9.30 ROBBIE	PILATES MAT 9.30 - 10.20 JEN		PILATES MAT 9.30 - 10.20 JEN	PILATES REFORMER 8.30 - 9.20 CRIS
MOVE & BALANCE 11.00 - 11.45 LUCAS	OSTEOCISE 9.30 - 10.20 LUCAS	PILATES REFORMER 10.30 - 11.20 JEN	OSTEOCISE 9.30 - 10.20 LUCAS	PILATES REFORMER 10.30 - 11.20 JEN	
MOVE & BALANCE 12.00 - 12.45 LUCAS	MOVE & BALANCE 12.00 - 12.45 LUCAS	PILATES REFORMER 11.30 - 12.20 JEN	MOVE & BALANCE 12.00 - 12.45 LUCAS	PHYSIO REHAB 12.00 - 12.45 IZZY	
		PHYSIO REHAB 12.45 - 13.30 IZZY	PHYSIO REHAB 12.45 - 13.30 IZZY	PHYSIO REHAB 12.45 - 13.30 IZZY	
STRENGTH & COND 16.00 - 16.50 LUCAS	OSTEOCISE 14.00 - 14.50 LUCAS	MOVE & BALANCE 13.30 - 14.15 LUCAS	OSTEOCISE 14.00 - 14.50 LUCAS	OSTEOCISE 14.00 - 14.50 JESS	
STRENGTH & COND 17.00 - 17.50 LUCAS	PILATES REFORMER 18.00 - 18.50 CRIS	STRENGTH & COND 18.00 - 18.50 LUCAS	STRENGTH & COND 17.00 - 17.50 LUCAS		
OSTEOCISE 18.00 - 18.50 LUCAS	PILATES REFORMER 19.00 - 19.50 CRIS	PHYSIO REHAB 19.00 - 19.45 RICHIE	OSTEOCISE 18.00 - 18.50 LUCAS		