

# WEEK 1: SUMMER PHYSIO EXERCISE PROGRAM

WEEK 1	MON 25 <sup>TH</sup>	TUES 26 <sup>TH</sup>	WED 27 <sup>TH</sup>	THURS 28 <sup>TH</sup>	FRI 29 <sup>TH</sup>	SAT 30 <sup>TH</sup>
7am						
8am			UNSUPERVISED CLASS	8AM - CATYA	8AM - GEORGINA	8AM - GEORGINA
9am			9AM - GEORGINA	9AM - CATYA	9AM - GEORGINA	UNSUPERVISED CLASS
10am					UNSUPERVISED CLASS	UNSUPERVISED CLASS
11am			11AM - GEORGINA	UNSUPERVISED CLASS	11AM - NICOLA	
12pm						
1pm			UNSUPERVISED CLASS	UNSUPERVISED CLASS		
2pm						
3pm				UNSUPERVISED CLASS		
4pm			4PM - PHOEBE			
5pm			UNSUPERVISED CLASS			
6pm						
7pm						

\*PROGRAM SUBJECT TO CHANGE\*

# WEEK 2: SUMMER PHYSIO EXERCISE PROGRAM

WEEK 2	MON 1 <sup>ST</sup>	TUES 2 <sup>ND</sup>	WED 3 <sup>RD</sup>	THURS 4 <sup>TH</sup>	FRI 5 <sup>TH</sup>	SAT 6 <sup>TH</sup>
7am						
8am		UNSUPERVISED CLASS	UNSUPERVISED CLASS	8AM - NICOLA	8AM - GEORGINA	8AM - NICOLA
9am		9AM - JOHN	9AM – GEORGINA	9AM - NICOLA	9AM - GEORGINA	UNSUPERVISED CLASS
10am		UNSUPERVISED CLASS			UNSUPERVISED CLASS	10AM - NICOLA
11am		11AM - NOS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	11AM - NICOLA	UNSUPERVISED CLASS
12pm						
1pm		UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS		
2pm						
3pm						
4pm		4PM - NICOLA	4PM - NICOLA	4PM - NOS		
5pm						
6pm						
7pm						

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# WEEK 3: SUMMER PHYSIO EXERCISE PROGRAM



WEEK 3	MON 8 <sup>TH</sup>	TUES 9 <sup>TH</sup>	WED 10 <sup>TH</sup>	THURS 11 <sup>TH</sup>	FRI 12 <sup>TH</sup>	SAT 13 <sup>TH</sup>
7am						
8am	8AM - NOS	UNSUPERVISED CLASS	8AM - GEORGINA	8AM - CATYA	8AM - NICOLA	8AM - PHOEBE
9am	UNSUPERVISED CLASS	9AM - JOHN	UNSUPERVISED CLASS	9AM - CATYA	9AM - NICOLA	UNSUPERVISED CLASS
10am	UNSUPERVISED CLASS		10AM - GEORGINA			10AM - PHOEBE
11am	11AM – JOHN	11AM - GEORGIA	UNSUPERVISED CLASS	UNSUPERVISED CLASS	11AM - NICOLA	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
2pm						
3pm				UNSUPERVISED CLASS	3PM - NICOLA	
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	4PM - NICOLA			
5pm	5PM - GEORGINA	5PM - GEORGIA	UNSUPERVISED CLASS	5PM - GEORGIA		
6pm	6PM - GEORGINA	UNSUPERVISED CLASS	6PM - NICOLA			
7pm						

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# WEEK 4: SUMMER PHYSIO EXERCISE PROGRAM

WEEK 4	MON 15 <sup>TH</sup>	TUES 16 <sup>TH</sup>	WED 17 <sup>TH</sup>	THURS 18 <sup>TH</sup>	FRI 19 <sup>TH</sup>	SAT 20 <sup>th</sup>
7am					7AM - NICOLA	
8am	8AM - NOS	UNSUPERVISED CLASS	8AM - NOS	8AM - CATYA	8AM - NICOLA	8AM - NICOLA
9am	UNSUPERVISED CLASS	9AM - JOHN	UNSUPERVISED CLASS	9AM - CATYA	9AM - NICOLA	UNSUPERVISED CLASS
10am	UNSUPERVISED CLASS		10AM - NOS			10AM - NICOLA
11am	11AM – JOHN	11AM - GEORGIA	UNSUPERVISED CLASS	UNSUPERVISED CLASS	11AM - NICOLA	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
2pm						
3pm				UNSUPERVISED CLASS	3PM - NICOLA	
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	4PM - NICOLA			
5pm	5PM - GEORGIA	5PM - GEORGIA	UNSUPERVISED CLASS	5PM - GEORGIA		
6pm	6PM - JOHN	UNSUPERVISED CLASS	6PM - NICOLA			
7pm						

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# WEEK 5: SUMMER PHYSIO EXERCISE PROGRAM

WEEK 5	MON 22 <sup>nd</sup>	TUES 23 <sup>rd</sup>	WED 24 <sup>th</sup>	THURS 25 <sup>TH</sup>	AUS DAY	SAT 27 <sup>TH</sup>
7am				7AM - CATYA		
8am	8AM - NOS	UNSUPERVISED CLASS	8AM - GEORGINA	8AM - CATYA		8AM - PHOEBE
9am	UNSUPERVISED CLASS	9AM - JOHN	UNSUPERVISED CLASS	9AM - CATYA		UNSUPERVISED CLASS
10am	UNSUPERVISED CLASS		10AM - GEORGINA			10AM - GEORGINA
11am	11AM – JOHN	11AM - GEORGIA	UNSUPERVISED CLASS	UNSUPERVISED CLASS		UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS		
2pm						
3pm				UNSUPERVISED CLASS		
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	4PM - NICOLA			
5pm	5PM - GEORGINA	5PM - GEORGIA	UNSUPERVISED CLASS	5PM - GEORGIA		
6pm	6PM - GEORGINA	UNSUPERVISED CLASS	6PM - NICOLA			
7pm						

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