

# TERM 1: PHYSIO EXERCISE PROGRAM

## FROM 29<sup>th</sup> January 2024



12 WEEKS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY
7am	7AM - NOS			7AM – NICOLA	7AM - GEORGINA	
8am	8AM - NOS	8AM - JOHN	8AM – GEORGINA	8AM – NICOLA	8AM - GEORGINA	8AM – PHOEBE / NICOLA
9am	9AM - NOS	9AM - JOHN	9AM – NOS	UNSUPERVISED CLASS	9AM - GEORGINA	9AM – PHOEBE / NICOLA
10am	10AM – JOHN	10AM – GEORGIA K	10AM - GEORGINA	10AM - ELLIE	10AM - GEORGINA	10AM – GEORGINA / NICOLA
11am	11AM – JOHN	11AM – GEORGIA K	11AM - PHOEBE		11AM – NICOLA	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
2pm	2PM - NICOLA					
3pm					3PM – NICOLA	
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	4PM – NICOLA	UNSUPERVISED CLASS	4PM – NICOLA	
5pm	5PM - NICOLA	5PM – GEORGIA K	5PM - NICOLA	5PM - GEORGIA		
6pm	6PM – NICOLA	6PM - GEORGINA	6PM - NICOLA	6PM - NOS		
7pm	7PM - NICOLA	7PM - GEORGINA	7PM - NICOLA			

Please note: Program subject to change