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1

**WEEK 1: SUMMER PHYSIO EXERCISE PROGRAM**

WEEK 1	MON 23 <sup>RD</sup>	TUES 24 <sup>TH</sup>	WED 25 <sup>TH</sup>	THURS 26 <sup>TH</sup>	FRI 27 <sup>TH</sup>	SAT 28 <sup>TH</sup>
7am	UNSUPERVISED CLASS	CHRISTMAS EVE	CHRISTMAS DAY	BOXING DAY		
8am	UNSUPERVISED CLASS	8AM - NICOLA			8AM - GEORGINA	UNSUPERVISED CLASS
9am	UNSUPERVISED CLASS	9AM - NICOLA			9AM - GEORGINA	UNSUPERVISED CLASS
10am	10AM - JOHN	10AM - ERAN			UNSUPERVISED CLASS	10AM - GEORGINA
11am	11AM - JOHN	11AM - ERAN			11AM - WILL	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS			UNSUPERVISED CLASS	
2pm	2PM - NICOLA	2PM - GEORGINA				
3pm		3PM - GEORGINA				
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS				
5pm	5PM - NICOLA	5PM CLOSE				
6pm	6PM - NICOLA					
7pm	7PM - NICOLA					

\*PROGRAM SUBJECT TO CHANGE\*

2

**WEEK 2: SUMMER PHYSIO EXERCISE PROGRAM**

WEEK 2	MON 30 <sup>TH</sup>	TUES 31 <sup>ST</sup>	WED 1 <sup>ST</sup>	THURS 2 <sup>ND</sup>	FRI 3 <sup>RD</sup>	SAT 4 <sup>TH</sup>
7am	UNSUPERVISED CLASS	UNSUPERVISED CLASS				
8am	8AM - WILL	8AM - NICOLA		8AM - NICOLA	8AM - WILL	UNSUPERVISED CLASS
9am	UNSUPERVISED CLASS	UNSUPERVISED CLASS		9AM - WILL	9AM - WILL	UNSUPERVISED CLASS
10am	10AM - WILL	10AM - NICOLA		UNSUPERVISED CLASS	10AM - NICOLA	10AM - NICOLA
11am	UNSUPERVISED CLASS	UNSUPERVISED CLASS		11AM - NICOLA	UNSUPERVISED CLASS	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS		UNSUPERVISED CLASS		
2pm		2PM - WILL				
3pm						
4pm	4PM - NICOLA	UNSUPERVISED CLASS		4PM - GEORGINA		
5pm	UNSUPERVISED CLASS	5PM CLOSE		5PM CLOSE		
6pm						
7pm						

\*PROGRAM SUBJECT TO CHANGE\*

3

**WEEK 3: SUMMER PHYSIO EXERCISE PROGRAM**

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

\*PROGRAM SUBJECT TO CHANGE\*

4

**WEEK 4: SUMMER PHYSIO EXERCISE PROGRAM**

WEEK 4	MON 12 <sup>TH</sup>	TUES 13 <sup>TH</sup>	WED 14 <sup>TH</sup>	THURS 15 <sup>TH</sup>	FRI 16 <sup>TH</sup>	SAT 17 <sup>TH</sup>
7am	UNSUPERVISED CLASS	UNSUPERVISED CLASS				
8am	8AM - WILL	8AM - JOHN	8AM - WILL	8AM - NICOLA	8AM - WILL	UNSUPERVISED CLASS
9am	UNSUPERVISED CLASS	UNSUPERVISED CLASS		9AM - NICOLA	9AM - WILL	UNSUPERVISED CLASS
10am	10AM - JOHN	10AM - NICOLA	10AM - PHOEBE	10AM - PHOEBE	10AM - WILL	UNSUPERVISED CLASS
11am	11AM - JOHN	11AM - NICOLA	11AM - PHOEBE	11AM - NICOLA	UNSUPERVISED CLASS	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS
2pm						
3pm						
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS		
5pm	UNSUPERVISED CLASS	5PM - NICOLA	UNSUPERVISED CLASS	5PM - NICOLA		
6pm	6PM - NICOLA	UNSUPERVISED CLASS				
7pm						

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# WEEK 1: SUMMER PHYSIO EXERCISE PROGRAM



WEEK 1	MON 23 <sup>RD</sup>	TUES 24 <sup>TH</sup>	WED 25 <sup>TH</sup>	THURS 26 <sup>TH</sup>	FRI 27 <sup>TH</sup>	SAT 28 <sup>TH</sup>
7am		CHRISTMAS EVE	CHRISTMAS DAY	BOXING DAY		
8am	UNSUPERVISED CLASS	8AM - NICOLA			8AM - GEORGINA	UNSUPERVISED CLASS
9am	UNSUPERVISED CLASS	9AM - NICOLA			9AM - GEORGINA	9AM - PHOEBE
10am	10AM - JOHN	10AM - ERAN			UNSUPERVISED CLASS	10AM - GEORGINA
11am	11AM - JOHN	11AM - ERAN			11AM - WILL	UNSUPERVISED CLASS
12pm						
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS			UNSUPERVISED CLASS	
2pm	2PM - NICOLA	2PM - GEORGINA				
3pm		3PM - GEORGINA				
4pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS				
5pm	5PM - NICOLA	5PM CLOSE				
6pm	6PM - NICOLA					
7pm	7PM - NICOLA					

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