

# TERM 1: PHYSIO EXERCISE PROGRAM

27 January – 19th April 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am	7AM - WILL			7AM - LUCA	7AM - NICOLA	
8am	8AM - WILL	8AM - JOHN	8AM - WILL	8AM - LUCA	8AM - NICOLA	8AM - PHOEBE / NICOLA
9am	9AM - WILL	9AM - JOHN	9AM - WILL	UNSUPERVISED CLASS	9AM - LUCA	9AM - PHOEBE / NICOLA
10am	10AM - JOHN	10AM - GEORGIA K	10AM - PHOEBE	10AM - ERAN	10AM - ELLIE	10AM - ERAN / 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	UNSUPERVISED CLASS	
5pm	5PM - NICOLA	5PM - GEORGIA K	5PM - NICOLA	5PM - GEORGIA K		
6pm	6PM - NICOLA	6PM - LUCA	6PM - LUCA	UNSUPERVISED CLASS		
7pm	7PM - NICOLA	7PM - LUCA	7PM - LUCA			

Please note: Program subject to change