

TERM 2: PHYSIO EXERCISE PROGRAM

21 April – 13th July 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	NEW PATIENT – TRIAL 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	UNSUPERVISED CLASS	11AM – NICOLA	UNSUPERVISED CLASS
12pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
1pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
2pm	2PM - NICOLA	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	
3pm	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	UNSUPERVISED CLASS	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	NEW PATIENT – TRIAL CLASS		
7pm	7PM - NICOLA	7PM - LUCA	7PM - LUCA			

Please note: Program subject to change