

PHYSIO EXERCISE PROGRAM

FROM FEB 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 - MEL
9am	9AM - WILL	9AM - JOHN	9AM - WILL	UNSUPERVISED CLASS	9AM - LUCA	9AM - MEL
10am	10AM - JOHN	10AM - GEORGIA K	10AM - AL	10AM - ELLIE	10AM - ERAN	10AM - MEL
11am	11AM - JOHN	11AM - GEORGIA K	11AM - AL	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 - AL	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 - AL	UNSUPERVISED CLASS		
7pm	7PM - NICOLA	7PM - LUCA	7PM - AL	UNSUPERVISED CLASS		

Please note: Program subject to change