

# STRENGTH + SCHEDULE



DAY	TIME	INSTRUCTOR*
Monday	6:30–7:15am	Jordan (PT)
	7:15–8:00am	Jordan (PT)
	1:00–1:45pm	Nicola (Physio)
Tuesday	10:00–10:45am	Nicola (Physio)
Wednesday	6:30–7:15am	Jordan (PT)
	7:15–8:00am	Jordan (PT)
Thursday	9:00–9:45am	Nicola (Physio)
Friday	6:30–7:15am	Carla (PT)
	7:15–8:00am	Carla (PT)
Sunday	8:30–9.15am	Carla (PT)
	9:15–10.00am	Carla (PT)



\*instructors subject to change