STAFFORD
PHYSIOTHERAPY
AND PILATES

PILATES + PHYSIO EXERCISE SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7am Megan			**8am** Sandra
	9am Megan	**(R) 9am** Sandra		**(R) 9am** Sandra	**9am** Sandra
10am Megan	**10am** Megan	**10am** Sandra	**10am** Megan	**9.30am** Allyson	
11am Sandra	**11am** Megan	**11.30am** Megan	**(R) 11am** Sandra	**11am** Megan	
(R) 12pm Sandra				**12pm** Megan	
	4pm Megan		**2pm** Megan		
5pm Sandra	**5pm** Megan	**5.30pm** Sandra	**5pm** Sandra	**4.30pm** Megan	
6pm Sandra	**6pm** Megan		**6pm** Sandra		

(R) denotes 30 minute reformer classes. All other classes run for 1 hour.

All classes run for one hour. Please note, class times and supervising physiotherapists may change on occasion and without notice.

One-on-one sessions (musculoskeletal assessments, follow-ups and reprogramming) are available at most times. Please phone us on 07 3857 5815 or visit our website – staffordphysio.com.au – to place an appointment online.