

## PILATES + PHYSIO EXERCISE SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>7am</b> Lucy			<b>8am</b> Lucy
	<b>9am</b> Sandra			<b>9.30am</b> Lucy	<b>9am</b> Sandra
<b>10am</b> Sandra	<b>10am</b> Sandra	<b>10am</b> Sandra			<b>10am</b> Sandra
<b>11am</b> Sandra	<b>11am</b> Sandra	<b>11.30am</b> Lucy	<b>11am</b> Sandra	<b>11am</b> Sandra	
				<b>12pm</b> Sandra	
	<b>4pm</b> Sandra		<b>3.30pm</b> Sandra		
<b>5pm</b> Sandra	<b>5pm</b> Sandra	<b>5.30pm</b> Sandra	<b>5pm</b> Sandra		
<b>6pm</b> Sandra	<b>6pm</b> Sandra		<b>6pm</b> Sandra		

*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](http://staffordphysio.com.au) – to place an appointment online.*