



PILATES + PHYSIO EXERCISE SESSIONS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7am Greg			8am Matt
	9am Megan				9am Sandra
10am Sandra	10am Megan	10am Sandra	10am Greg	10.30am Sandra	10am Sandra
			11am Greg		
			3.30pm Sandra		
5pm Sandra	5pm Greg	5.30pm Sandra	5pm Sandra		
6pm Sandra	6pm Greg		6pm Juhi		

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.