

Magill Timetable – Physiotherapy Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am Lifestyle Fitness Georgia	9.00am Equipment Class Andre	8.30am Equipment Class Georgia		8.00am Equipment Class Andre
10.15am OsteoFit Georgia	9.15am Controlled Floor Georgia		10.00am Controlled Floor Georgia	8.45am Equipment Class Georgia
11.15am Equipment Class Andre	10.00am Equipment Class Georgia	11.00am Equipment Class Georgia	11.00am Equipment Class Sam	9.30am Equipment Class Andre
2.00pm Equipment Class Georgia	11.00am Equipment Class Andre		2.00pm Equipment Class Sam	9.30am Foundation Floor Georgia
5.00pm Foundation Floor Georgia	12.15pm Equipment Class Andre	2.00pm Equipment Class Andre	4.00pm Equipment Class Georgia	10.30am Equipment Class Georgia
5.00pm Equipment Class Andre			5.00pm OsteoFit Georgia	10.30am Mindful Movement Andre
5.45pm Equipment Class Sam		5.15pm Equipment Class Andre	5.00pm Controlled Floor Sam	
5.45pm Mindful Movement Georgia				