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Eastern Sports & Spinal Care
'Performance Focused Physio'

Magill Timetable – Physiotherapy Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am **Physio Exercise Class** Georgia	9.00am **Physio Exercise Class** Evan	8.30am **Physio Exercise Class** Georgia		8.00am **Physio Exercise Class** Evan
10.30am **Physio Exercise Class** Georgia	9.15am **Controlled Movement Class** Georgia	10.15am **Physio Exercise Class** Evan	10.00am **Controlled Movement Class** Georgia	8.45am **Physio Exercise Class** Georgia
11.15am **Physio Exercise Class** Evan	10.00am **Physio Exercise Class** Georgia	11.00am **Physio Exercise Class** Georgia	10.15am **Physio Exercise Class** Evan	9.30am **Physio Exercise Class** Evan
	10.45am **Physio Exercise Class** Evan		11.00am **Physio Exercise Class** Evan	10.15am **Movement Foundations Class** Evan
2.00pm **Physio Exercise Class** Georgia	12.15pm **Physio Exercise Class** Evan			10.30am **Physio Exercise Class** Georgia
5.00pm **Physio Exercise Class** Evan	3.45pm **Controlled Movement Class** Evan			11.45am **Physio Exercise Class** Evan
5.45pm **Physio Exercise Class** Evan			4.00pm **Physio Exercise Class** Georgia	
5.45pm **Movement Foundations Class** Georgia			5.15pm **Physio Exercise Class** Georgia	

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