

# Physio with Exercise and Pilates Timetable 2020

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	5.0							
	5.3				Reformer - Vanessa			
	6.0							
	6.3		Reformer - Vanessa		Reformer - Vanessa	Reformer - Vanessa	Reformer - Vanessa	
	7.0	Physio w/ Exercise Ramona						
	7.3		Reformer - Vanessa		Reformer - Vanessa	Reformer - Vanessa	Reformer - Vanessa	
	8.0	Physio w/ Exercise Ramona	1 on 1 Pilates Sue		Physio w/ Exercise Rocio		2 Person Pilates Class W/ Sue	Reformer - Vanessa
	8.3							Reformer - Vanessa
	9.0	Physio w/ Exercise Ramona	1 on 1 Pilates Sue	Physio w/ Exercise - Sue	Physio w/ Exercise Rocio		Physio w/ Exercise - Sue	
	9.3							Reformer - Vanessa
	10.0	Physio w/ Exercise Romana	1 on 1 Pilates Sue	Physio w/ Exercise - Sue	Physio w/ Exercise Rocio		Physio w/ Exercise - Sue	1 on 1 Pilates Viki
10.3							Reformer - Vanessa	
11.0	Physio w/ Exercise Ramona	1 on 1 Pilates Sue	Physio w/ Exercise - Sue	Physio w/ Exercise Rocio		Physio w/ Exercise - Sue		
11.3							Physio w/ Exercise - Viki	
PM	12.0					Reformer - Vanessa		
	12.3						Physio w/ Exercise - Viki	
	1.0	Physio w/ Exercise Ramona		Physio w/ Exercise - Sue		Physio w/ Exercise - Rocio		
	1.3						Physio w/ Exercise - Viki	
	2.0	Physio w/ Exercise Ramona		Physio w/ Exercise - Sue		Physio w/ Exercise Rocio		
	2.3						Physio w/ Exercise - Viki	
	3.0	1 on 1 with Ramona		Physio w/ Exercise - Sue		Physio w/ Exercise Rocio		
	3.3					Reformer - Jessica		
	4.0				1 on 1 with Rocio	Reformer - Jessica		
	4.3		Reformer - Vanessa	Physio w/ Exercise - Viki				
	5.0					Reformer - Jessica		
	5.3		Reformer - Vanessa	Physio w/ Exercise - Viki				
	6.0					Reformer - Jessica		
	6.3		Reformer - Vanessa	Physio w/ Exercise - Viki				
	7.0					Reformer - Jessica		
7.3		Reformer - Vanessa	Physio w/ Exercise - Viki					
8.0								