

STRENGTH & MOBILITY STUDIO

Weekly Timetable



MON	TUES	WED	THUR	FRI	SAT
	7am Strength & Conditioning Damien 1 Hour			7am Strength & Conditioning Damien 1 Hour	
8am Onero™ Damien 45 Minutes	8am Onero™ Damien 45 Minutes		8am Onero™ Laura 45 Minutes	8am Onero™ Damien 45 Minutes	
8:45am Onero™ Laura 45 Minutes			8:45am Onero™ Laura 45 Minutes	8:45am Onero™ Damien 45 Minutes	
9:30am Onero™ Laura 45 Minutes	9am Strength & Conditioning Nev 1 Hour	9:30am Onero™ Andrew 45 Minutes	9:30am Strength & Conditioning Laura 1 Hour	9:30am Onero™ Damien 45 Minutes	9:15am Onero™ Ewan 45 Minutes
10:15am Strength & Conditioning Andrew 45 Minutes	10am Men's Strength & Mobility Nev 1 Hour	10:15am Onero™ Andrew 45 Minutes	10:15am Onero™ Laura 45 Minutes	10:15am Onero™ Damien 45 Minutes	10am Onero™ Ewan 45 Minutes
11am Strength & Conditioning Laura 45 Minutes	11:15am Onero™ Andrew 45 Minutes	11am Onero™ Andrew 45 Minutes	11:15am Onero™ Andrew 45 Minutes	11am Onero™ Damien 45 Minutes	10:45am Strength & Conditioning Ewan 1 Hour
12pm Onero™ Damien 45 Minutes	12pm Onero™ Andrew 45 Minutes		12pm Onero™ Andrew 45 Minutes		
12:45pm Onero™ Laura 45 Minutes	1pm Onero™ Damien 45 Minutes		1pm Onero™ Damien 45 Minutes		
1:30pm Onero™ Laura 45 Minutes					
5pm Onero™ Andrew 45 Minutes	5:15pm Onero™ Damien 45 Minutes	4:30pm Onero™ Laura 45 Minutes			
5:45pm Strength & Conditioning Andrew 1 Hour	6pm Strength & Conditioning Andrew 1 Hour	5:15pm Onero™ Laura 45 Minutes	6pm Onero™ Damien 45 Minutes		



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