STRENGTH & MOBILITY STUDIO

Weekly Timetable (All Classes 45 Minute Duration)

eastwest physiotherapy
release • restore • retrain

MON	TUES	WED	THUR	FRI	SAT
				6:15am Strength Class Emma	
7am Onero™ Ewan	7am Strength Class Emma			7am Strength Class Emma	
7:45am Onero™ Ewan	7:45am Onero™ Emma	7:45am Onero™ Ewan	7:45am Onero™ Ewan	7:45am Onero™ Emma	7:45am Onero™ Ewan
8:30am Onero™ Ewan	8:30am Onero™ Emma		8:30am Onero™ Ewan	8:30am Onero™ Emma	8:30am Onero™ Ewan
9:15am Onero™ Ewan	9:15am Onero™ Emma	9:15am Onero™ Andrew	9:15am Strength Class Ewan	9:15am Onero™ Emma	9:15am Onero™ Ewan
10am Strength Class Andrew	10am Strength Class Gav		10am Onero™ Ewan	10am Onero™ Emma	10am Onero™ Ewan
10:45am Strength Class Ewan	10:45am Onero™ Andrew	10:45am Onero™ Andrew	10:45am Onero™ Andrew	10:45am Onero™ Andrew	10:45am Strength Class Ewan
11:30am Onero™ Ewan	11:30am Onero™ Andrew		11:30am Onero™ Andrew	11:30am Onero™ Andrew	
12:15pm Onero™ Andrew	12:15pm Onero™ Andrew		12:15pm Onero™ Andrew		
1pm Onero™ Andrew		1pm Onero™ Ewan			
1:45pm Strength Class Emma	1:45pm Onero™ Transition Emma				
		4:30pm Onero™ Ewan			
5:15pm Onero™ Andrew	5:15pm Onero™ Ewan	5:15pm Onero™ Ewan	5:15pm Strength Class Andrew		
6pm Strength Class Andrew			6pm Onero™ Emma		

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