



IN-CLINIC CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------------|--------------|
| 6 AM | | Reload Run Club | | Reload Run Club | | |
| 7 AM | LOAD | MOVE & LOAD | | MOVE & LOAD | | |
| 8 AM | ONERO | | ONERO | | ONERO | MOVE |
| 9 AM | ONERO | ONERO | ONERO | ONERO | ONERO | MOVE |
| 10 AM | ONERO & MOVE | ONERO & MOVE | ONERO & MOVE | ONERO & MOVE | ONERO & MOVE | ONERO & MOVE |
| 11 AM | | ONERO TECHNIQUE CLASS | ONERO TECHNIQUE CLASS | ONERO TECHNIQUE CLASS | | |
| 12 PM | MOVE & BUBS OUT (1PM) | MOVE | MOVE | MOVE | MOVE & BUBS OUT (1PM) | |
| 4 PM | TEENS CLASS (4PM) | | | TEENS CLASS (4PM) | | |
| 5:20 PM | ONERO | ONERO | ONERO | ONERO | ONERO | |
| 6 PM | MOVE & LOAD | MOVE & LOAD | MOVE & LOAD | MOVE & LOAD | BUBS IN & LOAD (All 6:20PM) | |
| 7:20 PM | | MOVE | BUBS IN (6:40pm) | | | |

*V.O = Vaccinated-only classes

We request participants bring their own towels, water bottles and grip socks and allow sufficient time for cleaning of equipment on use.

Subject To Change from time to time
 Practitioner subject to change without warning due to availability.
 We will endeavour to keep current at www.reload.physio/class timetable