



## MOVE CLASS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>7AM</b>		<b>MOVE</b> Jes		<b>MOVE</b> Jes		
<b>8AM</b>			<b>MOVE</b> Alice		<b>MOVE</b> Alice	<b>MOVE</b> Shared roster
<b>9AM</b>						<b>MOVE</b> Shared roster
<b>10AM</b>	<b>MOVE</b> Jes	<b>MOVE</b> Sam G	<b>MOVE</b> Steph	<b>MOVE</b> Sam G	<b>MOVE</b> Steph	<b>MOVE</b> Shared roster
<b>12PM</b>	<b>MOVE</b> Jes	<b>MOVE</b> Jes	<b>MOVE</b> Sam G	<b>MOVE</b> Jes	<b>MOVE</b> Alice	
<b>6PM</b>	<b>MOVE</b> Steph	<b>MOVE</b> Alice	<b>MOVE</b> Jes	<b>MOVE</b> Steph		
<b>7:20PM</b>		<b>MOVE</b> Alice				

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](http://www.reload.physio/class timetable)