

## Magill Timetable – Physiotherapy Classes

Monday	Tuesday	Wednesday	Thursday	Friday
				8am <b>Equipment Class</b> Sumin (Physio)
	9.00am <b>Equipment Class</b> Sumin (Physio)		9.30am <b>Equipment Class</b> Sumin (Physio)	9.30am <b>Equipment Class</b> Sumin (Physio)
	12.15pm <b>Equipment Class</b> Sumin (Physio)		1pm <b>Equipment Class</b> Bec (Physio)	
			4.45pm <b>Equipment Class</b> Sumin (Physio)	
5.15pm <b>Equipment Class</b> Bec (Physio)	5.30pm <b>Equipment Class</b> Sumin (Physio)			

### About Equipment Classes

Move's Equipment Classes are ideal for those needing a personalised, Physiotherapy-led approach to exercise.

They usually consist of Pilates-based exercises on Reformers, Multi-chairs, pulley system, mat and ball.

There is a maximum of 4 people per session. As the classes can be highly customized and are open to people of different levels of activity and mobility.