

HYDROTHERAPY CLASS SCHEDULE SUMMER 2010

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00						
09:10						
09:20						
09:30				Backsplash		
09:40						
09:50						
10:00		Self				
10:10		Directed				
10:20		sessions				
10:30		available				
10:40						
10:50						
11:00				Lower Limb		
11:10				Water Gym		
11:20						
11:30						
11:40						
11:50						
12:00						
12:10						
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13:50						
14:00	Backsplash		Available	Self		Available
14:10			for External	Directed		for External
14:20			Hire	sessions		Hire
14:30				available		
14:40						
14:50						
15:00						
15:10						
15:20						
15:30		Joints In				
15:40		Motion				
15:50						
16:00						
16:10	Lower Limb					
16:20	Water Gym					
16:30						
16:40						
16:50						
17:00	Self				Self	
17:10	Directed				Directed	
17:20	sessions				sessions	
17:30	available	Lower Limb			available	
17:40		Water Gym				
17:50						
18:00		Self		Self		
18:30		Directed		Directed		
19:00		sessions		sessions		