

Hydrotherapy schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|----------------------|---------------|----------------------|----------------------|----------------------|----------|
| 8:15-9:30AM | Semi Private and IDI | | Semi Private and IDI | | Circuit class | |
| 8:30-9:15AM | Semi Private and IDI | | Semi Private and IDI | Circuit class | Semi Private and IDI | |
| 9:00-9:45AM | | | | | | |
| 3:30-4:15PM | | | | Circuit class | | |
| 4:00-4:30PM | Semi Private and IDI | Circuit class | | Semi Private and IDI | | |
| 4:30-5:15PM | Circuit class | | | Circuit class | | |

Aqua Classes are run as a circuit class and grade from Level 1 (easiest) to Level 3 (hardest) in intensity.

Semi Private sessions allow one to two clients the opportunity to work with one Physiotherapist.

Independent Drop-In sessions are available after an initial assessment has been performed to allow you to work independently through the exercises set by your physiotherapist.