



# MickPhyit

WHOLISTIC FITNESS

## 2019 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Personal Training	Group Classes	Personal Training	Group Classes	Personal Training	
5:00:00 AM						
6:00:00 AM						
7:00:00 AM	Parkinsons PT		Parkinsons PT		Parkinsons PT	
8:00:00 AM	Parkinsons PT		Parkinsons PT		Parkinsons PT	
9:00:00 AM	Parkinsons PT	Weight Loss	Parkinsons PT	Weight Loss	Parkinsons PT	Tai Chi/Stretch/Relax
10:00:00 AM	Parkinsons PT	Mobility - Back Care	Parkinsons PT	Mobility - Back Care	Parkinsons PT	Tai Chi/Stretch/Relax
11:00:00 AM	Parkinsons PT	Parkinsons- Dementia	Parkinsons PT	Parkinsons- Dementia	Parkinsons PT	
12:00:00 PM						
1:00:00 PM	Parkinsons PT		Parkinsons PT	Parkinsons Tai Chi	Parkinsons PT	
2:00:00 PM	Parkinsons PT		Parkinsons PT	Parkinsons Tai Chi	Parkinsons PT	
3:00:00 PM	Parkinsons PT		Parkinsons PT		Parkinsons PT	
4:00:00 PM	Parkinsons PT	Kids Circuit	Communication and	Kids Circuit	Parkinsons PT	
5:00:00 PM	Parkinsons PT	Group Circuit	Movement	Group Circuit	Parkinsons PT	
6:00:00 PM						
7:00:00 PM						