



Cowie Movement Therapy Classes – current timetable March 2024

	Mon	Tue	Wed	Thurs	Fri	Sat
7:00						
8:00						
9:00						
10:00						
4:00						
5:00						

How does the Movement Therapy program work at Cowie Physio?

1. ALL participants require a 30 min initial physical assessment which will provide the basis to the individual's workout. This will ensure the workout is tailored for **YOU!**
2. ALL participants will require at least 1:1 session to go through their program and familiarise with the equipment
3. Once the participant is ready (& safe) they can enter into a class time
4. A larger (6 max) Movement Therapy class will be available for those participants who have a recent established history of doing Pilates based exercise (Time slot yet to be decided)
5. All class participants **MUST** bring to class:
 - Socks
 - Towel
 - Water bottle