

## HYDROTHERAPY TIMETABLE - ABERFOYLE PARK

MON	TUE	WED	THU	FRI	SAT
11:00 AM Group Class					
11:00 AM Individual		11:00 AM Individual			
11:30 AM Group Class		11:30 AM Group Class			
11:30 AM Individual				1:00 PM Group Class	
12:00PM Individual		12:00 PM Individual		1:30 PM Individual	
12:00PM Individual				2:00 PM Individual	
				2:30 PM Individual	



**Sessions held at Sherriffs Road Swimming  
Centre, lead by our Physiotherapists**

