

Kent MS Therapy Centre Therapies

September 2020

PHASE 2 (Oxygen Therapy, Physiotherapy, Hydrotherapy, Aqua Yoga & Gym)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|
| 8.00am - 9.30 am - Oxygen Therapy - Large Chamber - 3 members (24 ft) | 8.00am - 9.30 am - Oxygen Therapy - Large Chamber - 3 members (24 ft) | 8.00am - 9.30 am - Oxygen Therapy - Large Chamber - 3 members (24 ft) | 8.00am - 9.30 am - Oxygen Therapy - Large Chamber - 3 members (24 ft) | 8.00am - 9.30 am - Oxygen Therapy - Large Chamber - 3 members (24 ft) | 8.30am - 10.00 am - Oxygen Therapy - Large Chamber - 3 members (33 ft) |
| 8.45am - 10.15am - Oxygen Therapy - Small Chamber - 2 members (33ft) | 8.45am - 10.15am - Oxygen Therapy - Small Chamber - 2 members (33ft) | 8.45am - 10.15am - Oxygen Therapy - Small Chamber - 2 members (33ft) | 8.45am - 10.15am - Oxygen Therapy - Small Chamber - 2 members (33ft) | 8.45am - 10.15am - Oxygen Therapy - Small Chamber - 2 members (33ft) | 9.00am - 10.30am - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) |
| 9.00am - 10.00am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) | 9.00am - 10.00am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) | 9.00am - 10.00am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) | 9.00am - 10.00am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) | 9.00am - 10.00am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) | 9.30am - 10.30am - Oxygen Therapy - Outside Chamber - 1 member (0 ft) |
| 10.00am - 11.00am - Aqua Yoga - 2 members - Bernie Barry | 9.30am - 10.00am - 1:1 Physio or FES (in Gym) - HUGH Brunskill | 9.30am - 10.00am - Gym - Chris Betts | 9.30am - 10.00am - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 9.30am - 10.30am - Hydrotherapy - Lucy Cumberland and Chris Betts | 10.30am - 12.00pm - Oxygen Therapy - Large Chamber 3 members (24ft) |
| 10.00am - 11.30am - Oxygen Therapy - Large Chamber - 3 members (33ft) | 9.30am - 10.30am - Hydrotherapy - Lucy Cumberland and Chris Betts | 10.00am - 11.30am - Oxygen Therapy - Large Chamber - 3 members (33ft) | 9.30am - 10.30am - Hydrotherapy - Lucy Cumberland and Chris Betts | 10.00am - 11.30am - Oxygen Therapy - Large Chamber - 3 members (33ft) | 11.00am - 12.30pm - Oxygen Therapy - Small Chamber 2 members (Flexi ft) |
| 10.15am - 11.15 - Outside Chamber - 1 member (0 ft) | 10.00am - 11.30am - Oxygen Therapy - Large Chamber 3 members (33ft) | 10.15am - 11.15 - Outside Chamber - 1 member (0 ft) | 10.00am - 11.30am - Oxygen Therapy - Large Chamber - 3 members (33ft) | 10.15am - 11.15 - Outside Chamber - 1 member (0 ft) | 11.00am - 12.00pm - Oxygen Therapy - Outside Chamber - 1 member (0 ft) |
| 10.45am - 12.15pm - Oxygen Therapy - Small Chamber 2 members (16ft) | 10.15am - 11.15 - Outside Chamber - 1 member (0 ft) | 10.15am - 10.45am - Gym - Chris Betts | 10.15am - 11.15 - Outside Chamber - 1 member (0 ft) | 10.45am - 12.15pm - Oxygen Therapy - Small Chamber 2 members (16ft) | |
| 11.30am - 12.30pm - Aqua Yoga - 2 members - Bernie Barry | 10.15am - 10.45 - 1:1 Physio or FES (in Gym) - HUGH Brunskill | 10.45am - 12.15pm - Oxygen Therapy - Small Chamber 2 members (16ft) | 10.15am - 10.45am - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 11.00am - 12.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | |
| 12.00pm - 1.30pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 10.45am - 12.15pm - Oxygen Therapy - Small Chamber 2 members (16ft) | 11.00am - 11.30am - Gym - Chris Betts | 10.45am - 12.15pm - Oxygen Therapy - Small Chamber 2 members (16ft) | 12.00pm - 1.30pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | |
| 12.15pm - 1.15pm - Outside Chamber - 1 member (0ft) | 11.00am - 12.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 11.45am - 12.15pm - Gym - Chris Betts | 11.00am - 12.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 12.15pm - 1.15pm - Outside Chamber - 1 member (0ft) | |
| 12.45pm - 2.15pm - Oxygen Therapy - Small Chamber - 2 members (16ft) | 11.00am - 11.30 - 1:1 Physio or FES (in Gym) - HUGH Brunskill | 12.00pm - 1.30pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 11am - 11.30am - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 12.30pm - 1.30pm - Hydrotherapy - Lucy Cumberland and Chris Betts | |
| 1.00pm - 2.00pm - Aqua Yoga - 2 members - Bernie Barry | 11.45am - 12.15 - 1:1 Physio or FES (in Gym) - HUGH Brunskill | 12.15pm - 1.15pm - Outside Chamber - 1 member (0ft) | 11.45am - 12.15pm - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 12.45pm - 2.15pm - Oxygen Therapy - Small Chamber - 2 members (16ft) | |
| 2.00pm - 3.30pm - Oxygen Therapy - Large Chamber - 3 members (33ft) | 12.00pm - 1.30pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 12.30pm - 1.00pm - Gym - Chris Betts | 12.00pm - 1.30pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 2.00pm - 3.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | |
| 2.15pm - 3.15pm - Outside Chamber - 1 member (0ft) | 12.30pm - 1.30pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 12.45pm - 2.15pm - Oxygen Therapy - Small Chamber - 2 members (16ft) | 12.15pm - 1.15pm - Outside Chamber - 1 member (0ft) | 2.00pm - 3.30pm - Oxygen Therapy - Large Chamber - 3 members (33ft) | |
| 2.45pm - 4.15pm - Oxygen Therapy - Small Chamber - 2 members (24ft) | 12.15pm - 1.15pm - Outside Chamber - 1 member (0ft) | 1.15pm - 1.45pm - Gym - Chris Betts | 12.30pm - 1.30pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 2.15pm - 3.15pm - Outside Chamber - 1 member (0ft) | |
| 4.15pm - 5.15pm - Outside Chamber - 1 member (0ft) | 12.45pm - 2.15pm - Oxygen Therapy - Small Chamber - 2 members (16ft) | 2.00pm - 3.30pm - Oxygen Therapy - Large Chamber - 3 members (33ft) | 12.45pm - 2.15pm - Oxygen Therapy - Small Chamber - 2 members (16ft) | 2.45pm - 4.15pm - Oxygen Therapy - Small Chamber - 2 members (24ft) | |
| 4.30pm - 6.00pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 2.00pm - 3.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 2.00pm - 2.30pm - Gym - Chris Betts | 1.00pm - 1.30pm - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 4.15pm - 5.15pm - Outside Chamber - 1 member (0ft) | |
| 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | 2.00pm - 3.30pm - Oxygen Therapy - Large Chamber - 3 members (33ft) | 2.15pm - 3.15pm - Outside Chamber - 1 member (0ft) | 1.45pm - 2.15pm - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | 4.30pm - 6.00pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | |
| Counselling - By Appointment - by Phone. Contact Reception | 2.15pm - 3.15pm - Outside Chamber - 1 member (0ft) | 2.45pm - 4.15pm - Oxygen Therapy - Small Chamber - 2 members (24ft) | 2.00pm - 3.00pm - Hydrotherapy - Lucy Cumberland and Chris Betts | 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | |
| | 2.45pm - 4.15pm - Oxygen Therapy - Small Chamber - 2 members (24ft) | 4.15pm - 5.15pm - Outside Chamber - 1 member (0ft) | 2.00pm - 3.30pm - Oxygen Therapy - Large Chamber - 3 members (33ft) | | |
| | 4.15pm - 5.15pm - Outside Chamber - 1 member (0ft) | 4.30pm - 6.00pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 2.15pm - 3.15pm - Outside Chamber - 1 member (0ft) | | |
| | 4.30pm - 6.00pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | 2.30pm - 3.00pm - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | | |
| | 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | | 2.45pm - 4.15pm - Oxygen Therapy - Small Chamber - 2 members (24ft) | | |
| | | | 3.15pm - 3.45pm - 1:1 Physio (in Gym) - Every other Thursday - NIKKI Guck | | |
| | | | 4.15pm - 5.15pm - Outside Chamber - 1 member (0ft) | | |
| | | | 4.30pm - 6.00pm - Oxygen Therapy - Large Chamber - 3 members (24ft) | | |
| | | | 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | | |
| | | | 4.45pm - 6.15pm - Oxygen Therapy - Small Chamber - 2 members (Flexi ft) | | |