

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)		

Kent MS Therapy Centre Therapies

From 2nd November 2020

PHASE 3 (Massage, Reflexology and APS)

Monday	Tuesday	Wednesday	Thursday	Friday
Massage/Reflexology	Massage/Reflexology	Massage/Reflexology	Massage/Reflexology	Massage/Reflexology
10.00am - 10.45am - Massage/Reflexology - Laura	9.45am - 10.30am - Massage/Reflexology - Deb	9.45am - 10.30am - Massage/Reflexology - Deb	10.00am - 10.45am - Massage/Reflexology - Iuliana	10.00am - 10.45am - Massage/Reflexology - Deb
10.00am - 10.45am - Massage/Reflexology - Geraldine	10.45am - 11.30am - Massage/Reflexology - Deb	10.00am - 10.45am - Massage/Reflexology - Iuliana	11.00am - 11.45am - Massage/Reflexology - Iuliana	11.00am - 11.45am - Massage/Reflexology - Deb
11.00am - 11.45am - Massage/Reflexology - Laura	11.45am - 12.30pm - Massage/Reflexology - Deb	10.45am - 11.30am - Massage/Reflexology - Deb	12.00pm - 12.45pm - Massage/Reflexology - Iuliana	12.00pm - 12.45pm - Massage/Reflexology - Deb
11.00am - 11.45am - Massage/Reflexology - Geraldine	12.45am - 1.30pm - Massage/Reflexology - Deb	11.00am - 11.45am - Massage/Reflexology - Iuliana	1.00pm - 1.30pm - LUNCH - Iuliana	1.00pm - 1.45pm - Massage/Reflexology - Iuliana
12.00pm - 12.45pm - Massage/Reflexology - Laura	APS	11.45am - 12.30pm - Massage/Reflexology - Deb	1.30pm - 2.15pm - Massage/Reflexology - Iuliana	2.00pm - 2.45pm - Massage/Reflexology - Iuliana
12.00pm - 12.45pm - Massage/Reflexology - Geraldine	9.45am - 10.45am - APS - Brenda	12.00pm - 12.45pm - Massage/Reflexology - Iuliana	2.30pm - 3.15pm - Massage/Reflexology - Iuliana	3.00pm - 3.45pm - Massage/Reflexology - Iuliana
1.00pm - 1.30pm - LUNCH	11.00am - 12.00pm - APS - Brenda	12.45am - 1.30pm - Massage/Reflexology - Deb	3.30pm - 4.15pm - Massage/Reflexology - Iuliana	
1.30pm - 2.15pm - Massage/Reflexology - Laura	12.15pm - 1.15pm - APS - Brenda	1.00pm - 1.30pm - LUNCH - Iuliana	APS	
1.30pm - 2.15pm - Massage/Reflexology - Geraldine		1.30pm - 2.15pm - Massage/Reflexology - Iuliana	9.45am - 10.45am - APS - Christine	
2.30pm - 3.15pm - Massage/Reflexology - Laura		2.30pm - 3.15pm - Massage/Reflexology - Iuliana	11.00am - 12.00pm - APS - Christine	
2.30pm - 3.15pm - Massage/Reflexology - Geraldine		3.30pm - 4.15pm - Massage/Reflexology - Iuliana	12.15pm - 1.15pm - APS - Christine	
3.30pm - 4.15pm - Massage/Reflexology - Laura				
3.30pm - 4.15pm - Massage/Reflexology - Geraldine				
APS				
9.45am - 10.45am - APS - Helen Broadwell				
11.00am - 12.00pm - APS - Helen Boardwell				
12.15pm - 1.15pm - APS - Helen Broadwell				