

Exercise Class Timetable 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am						
6.30am						
7.00am			Jodie (7.00-8.00)			
7.30am						
8.00am						Seb (GLA:D) (8.00-9.00)
8.30am						Jodie/Seb (9.00-10.00)
9.00am						Jodie/Seb (9.00-10.00)
9.30am	Seb (9.30-10.30)	Brad (9.30-10.30)		Brad (10.00-11.00)		Jodie/Seb (10.00-11.00)
10.00am			Jodie (10.30-11.30)	Seb (GLA:D) (11.00-12.00)	Seb (10.30-11.30)	
10.30am						
11.00am						
11.30am						
12.00pm		Brad (12.00 -1.00)				
12.30pm						
1.00pm						
1.30pm	Seb (GLA:D) (1.30-2.30)					
2.00pm						
2.30pm						
3.00pm						
3.30pm			Brad (3.30-4.30)			
4.00pm	Seb (4.00 - 5.00)		Brad (4.30-5.30)			
4.30pm			Brad (4.30-5.30)			
5.00pm	Brad (5.00-6.00)		Brad (5.30-6.30)	Jodie (5.00-6.00)		
5.30pm				Jodie (6.00-7.00)		
6.00pm		Jodie (6.00-7.00)				
6.30pm						
7.00pm						
7.30pm						
8:00pm						

Clinical Exercise
GLA:D