

Exercise Class Timetable 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am						
6.30am						
7.00am			Jodie 7:00-8:00			
7.30am						
8.00am						Seb/Jesse 8:00-9:00
8.30am		Brad 8:30-9:30				
9.00am				Brad 9:00-10:00		Amy 9:00-10:00
9.30am	Seb 9:30-10:30	Brad 9:30-10:30			Seb 9:30-10:30	
10.00am				Brad 10:00-11:00		Amy 10:00-11:00
10.30am			Jodie 10:30-11:30			
11.00am				Jesse 11:00-12:00		Seb/Jesse 11:00-12:00
11.30am		Brad 11:30-12:30				
12.00pm					Seb 12:00-1:00	
12.30pm	Brad 12:30-1:15					
1.00pm						
1.30pm	Seb 1:30-2:30					
2.00pm					Jesse 2:00-3:00	
2.30pm						
3.00pm						
3.30pm						
4.00pm				Seb 4:00-5:00		
4.30pm						
5.00pm	Amy 5:00-6:00	Jesse 5:00-6:00	Brad 4:30-5:30	Jodie 5:00-6:00		
5.30pm			Brad 5:30-6:30			
6.00pm	Seb 6:00-7:00	Jodie 6:00-7:00		Jodie 6:00-7:00		
6.30pm	Amy 6:00 - 6:45		Seb 6:30-7:30			
7.00pm	Jesse 7:00-8:00					
7.30pm						
8.00pm						

G:LAD
Clinical Exercise
Online Telehealth