

## Exercise Class Timetable 2023

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

Clinical Exercise/GLA:D Class

Clinical Exercise (only) Class

Youth Clinical Exercise