

Exercise Class Timetable 2024

Clinical Exercise/GLA:D (hybrid) Class
Clinical Exercise (only) Class
Youth Clinical Exercise

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