

Class Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|------------------------------------|
| Strength for Life 7.30-8.15am | Strength for Life 7.30-8.15am | Strength for Life 7.30-8.30am | Strength for Life 7.30-8.15am | Strength for Life 7.30-8.15am | Strength for Life 8.00-8.45am |
| Pilates Matwork 8.45-9.45am | Pilates Equipment 9.00-10.00am | Pilates Matwork 8.45-9.45am | Pilates Equipment 8.45-9.45am | Pilates Matwork 8.45-9.45am | Strength for Life 10.15-11.00am |
| General Exercise 9.15-10.00am | General Exercise 9.15-10.00am | Strength for Life 9.15-10.00am | General Exercise 9.15-10.00am | Active Moves 9.30-10.15am | |
| MS Exercise 9.30-10.30am | Parkinson's (low) 10.00-11.00am | Pilates Matwork 10.00-11.00am | MS Exercise 9.30-10.30am | Pilates Matwork 10.00-11.00am | |
| Dancercise 9.30-10.00am | Pilates Matwork 10.15-11.15pm | Hoffmann Wellness 10:00-12:00pm | Pilates Equipment 10.00-11.00am | Small Group PT 10.30-11.00am | |
| Pilates Equipment 10.00-11.00am | Active Moves 11.15-12pm | Active Moves 10.15-11am | Active Moves 10.15-11.00am | Pilates Equipment 11.15-12.15pm | |
| Active Moves 10.15-11am | Strength for Life 11.15-12.00pm | Strength and Balance 11.00-11.45pm | Strength and Balance 11.00-11.45am | Strength and Balance 11.15-12.00pm | |
| Hoffmann Wellness 10:15-12:15pm | Strength and Balance 12.00-12.45pm | Strength for Life 11.15-12.00pm | Pilates Matwork 11.15-12.15pm | Strength for Life 11.15-12.00pm | |
| MS Exercise 10.45-11.45am | General Exercise 1.15-2.00pm | Small Group PT 12.15-12.45pm | Strength for Life 11.15-12.00pm | Strength and Balance 12.15-1.00pm | |
| Strength for Life 11.15-12.00pm | Strength for Life 2.15-3.00pm | Cardio Metabolic 1.00-2.00pm | Pilates Matwork 2.00-3.00pm | Cardio Metabolic 1.15-2.15pm | |
| Men's Pilates Matwork 11.15-12.15pm | | Small Group PT 1.30-2.00pm | Parkinson's (moderate) 2.15-3.00pm | | |
| Parkinson's (moderate) 12.45-1.45pm | | Pilates Matwork 2.00-3.00pm | | | |
| Pilates Matwork 2.00-3.00pm | | | | | |
| Strength for Life 2.00-2.45pm | | | | | |