

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
Clinical Matwork 8.45-9.45am	Clinical Equipment 9.00-10.00am	Clinical Matwork 8.45-9.45am	Clinical Equipment 8.45-9.45am	Clinical 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	Clinical Matwork 10.00-11.00am	MS Exercise 9.30-10.30am	Clinical Matwork 10.00-11.00am	
Dancercise 9.15-10.00am	Clinical Matwork 10.15-11.15pm	Hoffmann Wellness 10.00-12.00pm	NEW Dancercise (from 4/7) 9.15-10.00am	Small Group PT 10.30-11.00am	
Clinical Equipment 10.00-11.00am	Active Moves 11.15-12pm	Active Moves 10.15-11am	Clinical Equipment 10.00-11.00am	Clinical Equipment 11.15-12.15pm	
Active Moves 10.15-11am	Strength for Life 11.15-12.00pm	Strength and Balance 11.00-11.45pm	Active Moves 10.15-11.00am	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	Strength and Balance 11.00-11.45am	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	Clinical Matwork 11.15-12.15pm	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	Strength for Life 11.15-12.00pm	Cardio Metabolic 1.15-2.15pm	
Men's Clinical Matwork 11.15-12.15pm		Small Group PT 1.30-2.00pm	Clinical Matwork 2.00-3.00pm		
Parkinson's (moderate) 12.45-1.45pm		Clinical Matwork 2.00-3.00pm	Parkinson's (moderate) 2.00-3.00pm		
Pilates Matwork 2.00-3.00pm					
Strength for Life 2.00-2.45pm					