

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9.30am Clinical Exercise		10;30am Mums & Bubs *		
	11.15am Clinical Exercise				
12.15pm Clinical Exercise	12.00pm Clinical Exercise		12.00pm Clinical Exercise		
				4.30pm Clinical Exercise	
		6.15pm Clinical Exercise			
	7.30pm Clinical Exercise				
	8.15pm Clinical Exercise	8.15pm Clinical Exercise			

All clinical exercise classes: only 3 people in a class. 40-45mins

\*Please note: this reformer class is held on the upper floor of Studio 3 Australia (691 Mt Alexander Road, Moonee Ponds 3039). Class: 50-55mins