

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.45am Clinical Exercise 	8.15am Clinical Exercise 			9.15am Clinical Exercise 	8.00am Clinical Exercise
10.30am Clinical Exercise 	9.30am Clinical Exercise 		9.45am Clinical Exercise 	10.00am Clinical Exercise 	8.45am Clinical Exercise
12.00pm Clinical Exercise 	12.15pm Clinical Exercise 		4.30pm Clinical Exercise	10.45am Clinical Exercise 	9.30am Clinical Exercise
12.45pm Clinical Exercise 	5.15pm Clinical Exercise		5.30pm Clinical Exercise	11.30am Clinical Exercise 	10.15am Clinical Exercise
1.30pm Clinical Exercise 	6.00pm Clinical Exercise		6.15pm Clinical Exercise	1.30pm Clinical Exercise 	11.00am Clinical Exercise
5.15pm Clinical Exercise	6.45pm Clinical Exercise		7.00pm Clinical Exercise		
	7.30pm Clinical Exercise	8.00pm Clinical Exercise			

Clinical exercise classes: only 4 people in a class. 40-45mins.



All babies are welcome to clinical exercise classes.