

Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Class					Yoga
Instructor					Natalie
Time					6:00am - 7:00am
Class	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life
Instructor	Tom	Ben	Tom	Ben	Tom
Time	9:00am - 9:40am	9:00am - 9:40am	9:00am - 9:40am	9:00am - 9:40am	9:00am - 9:40am
Class	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab
Instructor	Tom	Ben	Tom	Ben	Tom
Time	9:40am - 10:20am	9:40am - 10:20am	9:40am - 10:20am	9:40am - 10:20am	9:40am - 10:20am
Class	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life
Instructor	Tom	Ben	Tom	Ben	Tom
Time	10:20am - 11:00am	10:20am - 11:00am	10:20am - 11:00am	10:20am - 11:00am	10:20am - 11:00am
Class	Diabetes Fitness	Diabetes Fitness	Diabetes Fitness	Diabetes Fitness	Diabetes Fitness
Instructor	Tom	Ben	Tom	Ben	Tom
Time	11:00am - 11:40pm	11:00am - 11:40pm	11:00am - 11:40pm	11:00am - 11:40pm	11:00am - 11:40pm
Class	Falls Prevention	Falls Prevention	Falls Prevention	Falls Prevention	Falls Prevention
Instructor	Tom	Ben	Tom	Ben	Tom
Time	11:40am - 12:20pm	11:40am - 12:20pm	11:40am - 12:20pm	11:40am - 12:20pm	11:40am - 12:20pm
Class		*Hydrotherapy		*Hydrotherapy	
Instructor		Jonathan		Jonathan	
Time		1:00pm - 2:00pm		1:00pm - 2:00pm	
Class	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life
Instructor	Tom	Ben	Tom	Tom	Andrew
Time	3:00pm - 3:40pm	3:00pm - 3:40pm	3:00pm - 3:40pm	3:00pm - 3:40pm	3:00pm - 3:40pm
Class	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab	Back 2 Rehab
Instructor	Tom	Ben	Tom	Tom	Andrew
Time	5:00pm - 5:40pm	5:00pm - 5:40pm	5:00pm - 5:40pm	5:00pm - 5:40pm	5:00pm - 5:40pm
Class			Yoga		
Instructor			Natalie		
Time			6:00pm - 7:00pm		*Findon Swim School