

Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Yoga Natalie 6:00am - 7:00am	
Strength for Life Tom 9:00am - 9:40am	Strength for Life Ben & John 9:00am - 9:40am	Strength for Life Tom 9:00am - 9:40am	Strength for Life Ben & John 9:00am - 9:40am	Strength for Life Tom 9:00am - 9:40am	Clinical Rehab John 8:30am - 9:20am
Clinical Rehab Tom 9:40am - 10:20am	Clinical Rehab Ben 9:40am - 10:20am	Clinical Rehab Tom 9:40am - 10:20am	Clinical Rehab Ben 9:40am - 10:20am	Clinical Rehab Tom 9:40am - 10:20am	
Strength for Life Tom 10:20am - 11:00am	Strength for Life Ben & John 10:20am - 11:00am	Strength for Life Tom 10:20am - 11:00am	Strength for Life Ben & John 10:20am - 11:00am	Strength for Life Tom 10:20am - 11:00am	Clinical Rehab John 10:00am - 10:40am
Clinical Rehab Tom 11:00am - 11:40pm	Clinical Rehab Ben 11:00am - 11:40pm	Clinical Rehab Tom 11:00am - 11:40pm	Clinical Rehab Ben 11:00am - 11:40pm	Clinical Rehab Tom 11:00am - 11:40pm	
	*Hydrotherapy Alec 12:30pm - 1:30pm		*Hydrotherapy Alec 1:00pm - 2:00pm		
Strength for Life Tom 3:00pm - 3:40pm	Strength for Life Ben & John 3:00pm - 3:40pm	Strength for Life Tom 3:00pm - 3:40pm	Strength for Life Ben & John 3:00pm - 3:40pm	Strength for Life Tom 3:00pm - 3:40pm	
Clinical Rehab Tom 5:00pm - 5:40pm	Clinical Rehab John 5:00pm - 5:40pm	Clinical Rehab Tom 5:00pm - 5:40pm	Clinical Rehab Ben 5:00pm - 5:40pm	Clinical Rehab Tom 5:00pm - 5:40pm	
	Clinical Rehab John 5:40pm - 6:20pm	Yoga Natalie 6:00pm - 7:00pm	Clinical Rehab John 5:40pm - 6:20pm		*Findon Swim School