







Rehabilitation Gym (Upstairs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:20 am						
10:00 am	Small Group		Falls & Balance	Small Group	Falls & balance	
4:20 pm			Small Group			
5:20 pm						
6:20 pm						
7:00 pm						

Strength & Conditioning Gym (Downstairs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						
9:00am						
10:00 am	GLA:D		General exercise		GLA:D	General exercise & GLA:D
11:00 am	Strong For Life	Strong For Life	Strong For Life	Strong For Life	Strong For Life	
5:00 pm	AYD	AYD	AYD	AYD	AYD	
6:00 pm	General exercise	GLA:D	Superwomen	GLA:D	General exercise	
6:20 pm						
6:40pm			Small Group			
7:00 pm		General exercise		General exercise		
7:20 pm			Small Group			

	Small Group Physio	40 min		GLA:D	60 min
	Strong For Life	60 min		Superwomen	60 min
	Athletic Youth Development (AYD)	60 min		Group Exercise	60 min