

Rehabilitation Gym (Upstairs)

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

Strength & Conditioning Gym (Downstairs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						
10:00 am	GLA:D		General exercise		GLA:D	General exercise/ GLAD
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		Superwomen		General exercise	
6:20 pm						
6:40pm			Small Group			
7:00 pm		GLA:D		GLA:D		
7:20 pm			Small Group			



Small Group Physio

40 min



Strong For Life

60 min



Athletic Youth Development (AYD)

60 min



GLA:D

60 min



Superwomen

60 min



Group Exercise

60 min