



## **Exercise Class Timetable – Trafalgar**

Trafalgar Park Bowls and Croquet Club @ 36 Ashby Street

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		Chair Exercise 9:00 am – 10:00 am			
9:15 am					
9:30 am					
9:45 am					
10:00 am					
10:15 am		Chair Exercise 10:15 am – 11:15 am			
10:30 am					
10:45 am					
11:00 am					
11:15 am					
11:30 am		Chair Exercise 11:30 am – 12:30 pm			
11:45 am					
12:00 pm					
12:15 pm					
12:30 pm					
12:45 pm					