



## Exercise Class Timetable – Traralgon

Traralgon Clinic @ 90 Grey Street

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am					
9:30 am			Chair Exercise 9:30 am – 10:30 am	Clinical Exercise 9:30 am – 10:30 am	
10:00 am	Chair Exercise 10:00am-11:00am				
10:30 am					
11:00 am			Clinical Exercise 11:00 am – 12:00 pm		
11:30 am					
12:00 pm		Chair Exercise 12:00pm-1:00pm	Chair Exercise 12:00pm - 1:00pm		
12:30 pm					
1:00 pm		Chair Exercise 1:00pm-2:00pm			
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm	Clinical Exercise 4:00pm - 5:00pm				
4:30 pm					