



Exercise Class Timetable – Bairnsdale

Bairnsdale Clinic @ 126 McKean Street

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	Chair Exercise 10:00 am – 11:00 am				
10:15 am					
10:30 am					
10:45 am					
11:00 am					
11:15 am	Chair Exercise 11:15 am – 12:15 pm				
11:30 am					
11:45 am				Chair Exercise 11:45 am – 12:45 pm	
12:00 pm					
12:15 pm					
12:30 pm					
12:45 pm					
1:00 pm				Chair Exercise 1:00 pm – 2:00 pm	
1:15 pm					
1:30 pm					
1:45 pm					