



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 10:00 am – 11:00 am				
10:30 am					
11:00 am			Clinical Exercise 11:00 am – 12:00 pm		Chair Exercise 11:00 am – 12:00 pm
11:30 am					
12:00 pm		Chair Exercise 12:00 pm – 1:00 pm	Chair Exercise 12:00 pm – 1:00 pm		
12:30 pm					
1:00 pm		Chair Exercise 1:00 pm – 2:00 pm			
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm	Clinical Exercise 4:00 pm – 5:00 pm				
4:30 pm					