



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 | Chair Exercise 9:30 am – 10:30 am |
| 10:00 am | Chair Exercise 10:00am - 11:00am | 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 | | | |
| 12:30 pm | | | | | |
| 1:00 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 | | | | | |