



## **Exercise Class Timetable – Orbost**

Orbost Clinic @ 17 McLeod Street

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am					
10:15 am					
10:30 am					
10:45 am					
11:00 am	<b>Falls &amp; Balance 11:00am - 12:00pm</b>				
11:15 am					
11:30 am					
11:45 am					
12:00 pm					
12:15 pm	<b>Falls &amp; Balance 12:15pm - 1:15pm</b>				
12:30 pm					
12:45 pm					
1:00 pm					
1:15 pm					
1:30 pm					
1:45 pm					