



Exercise Class Timetable – Sale

Sale Clinic @ 375 York Street

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am					
9:00 am					Falls & Balance 9:00am - 10:00am
9:30 am					
10:00 am					
10:30 am					Falls & Balance 10:30am - 11:30am
11:00 am					
11:30 am					
12:00 pm					Falls & Balance 12:00pm - 1:00pm
12:30 pm					
1:00 pm					
1:30 pm			Falls & Balance 1:30pm - 2:30pm		
2:00 pm					
2:30 pm					
3:00 pm					