



Exercise Class Timetable – Traralgon

Traralgon Clinic @ 90 Grey Street

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am					
9:30 am	HAP Exercise 9:30 am - 10:30 am		Chair Exercise 9:30 am – 10:30 am	Clinical Exercise 9:30 am – 10:30 am	HAP Exercise 9:30 am - 10:30 am
10:00 am		Chair Exercise 10:00 am – 11:00 am			
10:30 am					
11:00 am	Chair Exercise 11:00 am - 12:00 pm		Clinical Exercise 11:00 am – 12:00 pm		
11:30 am					
12:00 pm		HAP Exercise 12:00 pm - 1:00 pm			
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm				HAP Exercise 2:00 pm - 3:00 pm	
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					