

Ridgehaven (Exercise Studio)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8.00am							
8.15am							
8.30am							
8.45am					Strength Plus 8:30-9:15 (Ben)	GLAD Program 8:30-9:30 (Julian)	
9.00am							
9.15am							
9.30am	EP Exercise Group 9:30-10:15 (Emma)			EP Exercise Group 9:15-10:00 (Will)	Core & Conditioning 9:30-10:30 (Cameron)	EP Exercise Group 9:30-10:15 (Steph)	
9.45am							
10.00am							
10.15am							
10.30am							
10.45am	Strength Plus 10:45-11:30 (Julian)	GLAD Program 10:30-11:30 (John Paul)		EP Exercise Group 10:45-11:30 (Will)			
11.00am			Physio Exercise Group 11:00-12:00 (Julian)				
11.15am							
11.30am	EP Exercise Group 11:30-12:15 (Emma)	EP Exercise Group 11:30-12:15 (Chris)		GLAD Program 11:30-12:30 (John Paul)			
11.45am							
12.00pm			Strength Plus 12:00-12:45 (Nick)				
12.15pm							
12.30pm		Strength Plus 12:30-1:15 (Eden)					
12.45pm							
1.00pm							
1.15pm							
1.30pm	Physio Exercise Group 1:30-2:30 (Nick)			EP Exercise Group 1:30-2:15 (Will)	EP Exercise Group 1:30-2:15 (Emma)		
1.45pm							
2.00pm				EP Exercise Group 1:45-2:30 (Will)			
2.15pm							
2.30pm							
2.45pm							
3.00pm							
3.15pm							
3.30pm							
3.45pm							
4.00pm							
4.15pm							
4.30pm				Youth Exercise 4:15-5:00 (Eden)			
4.45pm							
5.00pm							
5.15pm							
5.30pm	EP Exercise Group 5:30-6:15 (Will)						
5.45pm							
6.00pm							
6.15pm							
6.30pm							
6.45pm							
7.00pm		Core & Conditioning Class 7:00-8:00 (Cameron)	GLAD Program 6:45 -7:45 (Julian)				
7.15pm							
7.30pm							
7.45pm							
8.00pm							