



**CLASS TIMETABLE**  
**Exercise Rehabilitation**  
**Strength and Conditioning (S and C)**  
**General/Kids/Athletes/Pelvic floor**

**From January 2019**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
6.30	Mike	Mike	Stacey	Mike	Kevin		6.30
7.00	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)		7.00
7.30	6.30 -7.30am or 7-8am	Rosalyn	6.30-7.30am or 7-8am	Sarah			7.30
8.00	Sarah	Exercise Rehab (4)	Stacey	Exercise Rehab (4)	Stacey		8.00
8.30	Runners (8)	Rosalyn	Exercise Rehab (4)	Sarah	Exercise Rehab (4)	Sophie	8.30
9.00	Sarah	Exercise Rehab (4)	Stacey	Exercise Rehab (4)	Stacey	Pelvic Health Rehab (4)	9.00
9.30	Exercise Rehab (4)	Rosalyn	GLA:D	Sarah	Exercise Rehab (4)	Sophie	9.30
10.00	Rosalyn	Exercise Rehab (4)	Stacey	Exercise Rehab (4)	Stacey	Experienced Exercise Rehab (4)	10.00
10.30	Exercise Rehab (4)		Exercise Rehab (4)		Exercise Rehab (4)	Sophie	10.30
11.00	Rosalyn	Mike	Stacey	Mike	Stacey	Pelvic Health Rehab (4)	11.00
11.30	Exercise Rehab (4)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (6)	Exercise Rehab (4)	Sophie	11.30
12.00	Mike	Lauren			Stacey	Pelvic Health Rehab (4)	12.00
12.30	Exercise Rehab (6)	Exercise Rehab (6)			Exercise Rehab (6)		12.30
13.00	Rosalyn		Emma	Emma	Emma		13.00
13.30	Exercise Rehab (4)		Exercise Rehab (4)	Exercise Rehab (4)	Exercise Rehab (4)		13.30
14.00		Lauren	Emma		Emma		14.00
14.30		Exercise Rehab (4)	Exercise Rehab (4)		Exercise Rehab (4)		14.30
15.00	Kevin	Lara	Emma	Lara	Emma		15.00
15.30	GLA:D	Exercise Rehab (4)	Exercise Rehab (4)	Exercise Rehab (4)	GLA:D		15.30
16.00	Sarah	Lara	Emma	Lara	Emma		16.00
16.30	Kids Rehab (6)	Exercise Rehab (4)	Dancers Rehab (6)	Exercise Rehab (4)	Dancers Rehab (6)		16.30
17.00	Sarah	Georgia	Sarah	Georgia	Mike		17.00
17.30	Exercise Rehab (4)	Pelvic Health Rehab (4)	Exercise Rehab (6)	Pelvic Health Rehab (4)	Exercise Rehab (6)		17.30
18.00	Sarah	Georgia-Pelvic Floor (4)	Sarah	Georgia	Travis		18.00
18.30	Exercise Rehab (4)	Emma	Exercise Rehab (6)	Pelvic Health Rehab (4)	Exercise Rehab(6)		18.30
19.00		Dancers Rehab (6)					19.00