

# CLINICAL EXERCISE TIMETABLE

SEMI-PRIVATE = MAXIMUM 4 PEOPLE | SMALL GROUP = MAXIMUM 8 PEOPLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am					CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>	
8.00am						CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>  SENIORS STRENGTH Over 55's Small Group <i>Shaun Miller</i>
9.00am						CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>
9.30am		CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>		CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>	SENIORS STRENGTH Over 55's Small Group <i>Shaun Miller</i>	
10.30am	SENIORS STRENGTH Over 55's Small Group <i>Shaun Miller</i>	CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>	CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>	CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>	CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>	
12.15pm			MAT PILATES Small Group <i>Cecilia Mizzi</i> 45mins			
5.30pm	CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>	CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>		CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>		
6.30pm	RUN STRONG Small Group <i>Shaun Miller</i>		CLINICAL EXERCISE Semi-Private <i>Cecilia Mizzi</i>	CLINICAL EXERCISE Semi-Private <i>Valerie Mullane</i>		