BRIDGEPOINT CLASSES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
6.30am			Triathlon Circuit Shaun								
7am	Clinical Exercise Kaitlyn						Clinical Exercise Monique		Clinical Exercise Marisol		Clinical Exercise Monique
7.30am			Clinical Exercise Emma A		Clinical Exercise Jenny D						
8am	Clinical Exercise Kaitlyn					Clinical Exercise Brigitte	Clinical Exercise Monique		Clinical Exercise Marisol		Clinical Exercise Monique
8.30am			Clinical Exercise Emma A		Clinical Exercise Jenny D					GLA:D Mitch	
9am	Clinical Exercise Emma H						Clinical Exercise Monique		Clinical Exercise Marisol		Clinical Exercise Monique
9.30am			Clinical Exercise Emma A	Clinical Exercise Nicola	Clinical Exercise Jenny D					Clinical Exercise Monique	
10am		GLA:D Jenn					Clinical Exercise Nicola	Clinical Exercise Dan	Clinical Exercise Kaitlyn		Clinical Exercise Brigitte
10.30am	Clinical Exercise Emma H		Clinical Exercise Emma A		Mums and bubs Brigitte					Clinical Exercise Monique	
11am							Clinical Exercise Nicola	Clinical Exercise Dan	Clinical Exercise Kaitlyn		Clinical Exercise Nicola (interim)
11.30am	Clinical Exercise Emma H		LiveWell Mitch	Clinical Exercise Nicola		Clinical Exercise Lucy					
12pm									Clinical Exercise Kaitlyn		Clinical Exercise Nicola (interim)
12.30pm											
1pm	Clinical Exercise Kaitlyn				Clinical Exercise Lucy		LiveWell Jenn		Clinical Exercise Monique		
1.30pm											
2pm					Clinical Exercise Lucy				Clinical Exercise Monique		
2.30pm											
3pm					GLA:D Lucy						
3.30pm			Clinical Exercise Kaitlyn								
4pm		Clinical Exercise Marisol							Clinical Exercise Nicola		
4.30pm	Mat Lucy		Clinical Exercise Kaitlyn		Clinical Exercise Nicola		Clinical Exercise Kaitlyn				
5pm		Clinical Exercise Marisol							Clinical Exercise Monique		
5.30pm	Clinical Exercise Lucy		Clinical Exercise Kaitlyn		Clinical Exercise Nicola		Clinical Exercise Jenny	Clinical Exercise KC interm			
6pm											
6.30pm	Clinical Exercise Lucy		Clinical Exercise Monique		Clinical Exercise Nicola		Clinical Exercise Jenny	Clinical Exercise KC interim			
7pm											
7.30pm	Clinical Exercise Lucy		Clinical Exercise Monique		Clinical Exercise Nicola		Clinical Exercise Jenny				

BALGOWLAH CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am						
7am		Clinical Exercise Emma H				Clinical Exercise Jenny
7.30am					Clinical Exercise Emma H	
8am		Clinical Exercise Emma H		Clinical Exercise Brigitte		Clinical Exercise Jenny
8.30am						Clinical Exercise Jenny
9am						Clinical Exercise Jenny
9.30am	Clinical Exercise Jenny	Clinical Exercise Emma H		Clinical Exercise Emma H	Clinical Exercise Emma H	
10am						Clinical Exercise Jenny
10.30am	Clinical Exercise Jenny	Mums and Kids Brigitte		Clinical Exercise Emma H	Clinical Exercise Emma H	
11am						Clinical Exercise Jenny
11.30am	Clinical Exercise Jenny	Clinical Exercise Emma H		Mums and Kids Brigitte		
12pm						
12.30pm	Clinical Exercise Jenny				Clinical Exercise Nathan	
1pm						
1.30pm					Clinical Exercise Emma H	
2pm						
2.30pm						
3pm						
3.30pm						
4pm						
4.30pm		Clinical Exercise Brigitte		Clinical Exercise Emma H		
5pm						
5.30pm		Clinical Exercise Brigitte		Clinical Exercise Emma H		
6pm						
6.30pm			Triathlon Circuit Nathan	Clinical Exercise Emma H		
7pm						
7.30pm				Clinical Exercise Emma H		

VIRTUAL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am						
7am						
7.30am						
8am	Clincal Mat Emma H					
8.30am						
9am			Clinical Mat Brigitte	Clinical Mat Brigitte		
9.30am						
10am						
10.30am						
11am						
11.30am						
12pm						
12.30pm						
1pm						
1.30pm						
2pm						
2.30pm						
3pm						
3.30pm						
4pm						
4.30pm						
5pm						
5.30pm						
6pm						
6.30pm		Clinical Mat Brigitte				
7pm						
7.30pm						

PHYSIO + PILATES + EXERCISE