

Group Class Schedule

BARTON CLINIC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm – GLAD	7:00am – Group Exercise Class	12:00pm – GLAD	7:00am – Group Exercise Class	N/A	N/A
DICKSON CLINIC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00pm – Change of Direction	12:00pm – Mobility	12:00pm – Pilates	5:00pm – Pilates	12:00pm – Mobility class	10:00am – Mobility class
5:00pm – Pilates	5:00pm – Knee Class 6:00pm – Lifting Ladies	4:20pm – Move Like a Girl 5:20pm – Level 2 Knee	6:00pm – Running Group		
WESTON CLINIC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am – Hydro	10:00am – GLAD	7:30am – Equipment	7:30am – Flex/ Flex Zoom (No rebate)	9:10am – Equipment	8:00am – Equipment
9:00am – Equipment	11:00am – Balance	7:30am – Hydro	10:00am – GLAD	10:00am – Equipment	10:20am – Equipment
2:00pm – Mat	1:00pm – Osteoporosis	10:00am – Equipment	11:00am – Equipment	11:00am – Equipment	
3:30pm – GLAD	2:30pm – Equipment	12:30pm – Equipment	5:30pm – Equipment	12:00pm – Equipment	
4:30pm – Equipment	4:40pm – Equipment	3:30pm – GLAD	6:15pm – Equipment	2:00pm – Osteoporosis	
5:30pm – Equipment	6:00pm – Mat	5:30pm – Mat			
6:15pm – Equipment					
MAWSON CLINIC					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	10:30am – GLAD 12:00pm – GLAD 5:00pm – Group Exercise Class	N/A	12:00pm - GLAD	N/A	N/A