

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GLA:D Education Class (Christian) 9.00am	Energy Yoga (Jane) 6:15am	Total Weight Loss (Christie) 7:00am TBC	GLA:D Education Class (Christian) 9.00am	Clinical Pilates (Briony) 8:00am
	GLA:D Exercise Class (Christian) 10.00am			GLA:D Exercise Class (Christian) 10.00am	Clinical Pilates (Briony) 9:00am
	Total Weight Loss (Christie) 1:00pm TBC	Clinical Pilates (Alice) 1:20pm		Clinical Pilates (Kara) 11:00am	Total Weight Loss (Josh) 10:00am
	Diabetes Program (Christie) 2:00pm			Total Movers (Louise) 12:00am	
Yoga for Beginners (Louise) 5:30pm	Clinical Pilates (Briony) 5:00pm	Clinical Pilates (Alice) 5:00pm	Clinical Pilates (Briony) 5:00pm	Oncology Group (Dale) 1:15pm	
Clinical Pilates (Lainie) 6:30pm	Clinical Pilates (Briony) 6:00pm	Total Workout (Alice) 6:00pm	Clinical Pilates (Briony) 6:00pm	Oncology Group (Dale) 2:15pm	
Energy Yoga (Jane) 7:30pm	Clinical Pilates (Briony) 7:00pm	Clinical Pilates (Alice) 7:00pm	Clinical Pilates (Briony) 7:00pm		