

Group Times



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
T2D - 10:00am				T2D - 10:00am
		BALANCE – 10:00am		
Ai CHI – 1:00pm				
HYDRO – 2:00pm		T2D - 2:00pm		
T2D – 2:00pm		HYDRO - 3:00pm		
		Youth GIRLS – 4:30pm		Youth BOYS – 4:15pm
PIL I/M – 5:15pm				
PIL ESS – 6:00pm	PIL I/M – 6:00pm	Women’s – 5:45pm		
	PIL I/M – 6:45pm		PIL ESS – 6:45pm	

PIL ESS – PhysioPILATES Essentials	Zara	Strength & Balance Group	Dan	Hydrotherapy Group	Lou
PIL I/M – PhysioPILATES	Zara	Ai Chi Aquatic Therapy	Lou	Youth BOYS Strength	Dan
T2D – Type 2 Diabetes Exercises	Jane	Youth GIRLS Conditioning	Jane	HiIT – Women’s Strength	Jane