

Chatswood Exercise Physiology Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Move Strong	Move Strong	Move Strong	Move Strong	Move Strong	
7:30am	Move Strong	Move Strong	Move Easy	Move Strong	Move Strong	
8:00am						
8:30am						
9:00am						Move Strong
9:30am	Move Easy			Move Easy		
10:00am	Move Strong	Move Strong	Move Strong	Move Strong	Move Strong	Move Strong
11:00am	Move Strong	Move Strong	Move Strong	Move Strong	Move Strong	
12:00pm					Move Easy	
12:30pm						
5:00pm	Move Strong	Move Strong	Move Strong	Move Strong		
6:00pm	Move Strong		Move Strong	Move Strong		