

Parramatta Exercise Physiology Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	Move Strong			Move Strong		
7:30am		Move Strong			Move Strong	Move Strong
8:00am	Move Easy			Move Easy		
8:30am	Move Strong	Move Easy		Move Strong		Move Easy
9:00am		Move Strong				Move Strong
9:30am			Move Strong		Move Strong	
10:00am						Move Strong
10:30am			Move Strong		Move Strong	
4:00pm		Move Strong		Move Strong		
5:30pm	Move Easy		Move Easy			
6:00pm	Move Strong	Move Strong	Move Strong			