

Golden Grove (Exercise Studio) + Fairview Park (Benefitness)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00am						
8.15am				Gym Rehab (Benefitness) 8:00-9:00 (Cameron)		
8.30am						
8.45am						
9.00am						
9.15am						
9.30am						
9.45am						
10.00am						
10.15am						
10.30am	EP Exercise Group (GG) 10:40-11:25 (Will)			EP Exercise Group (GG) 10:30-11:15 (Chris)		
10.45am						
11.00am	EP Exercise Group (Benefitness) 11:00-11:45 (Chris)					
11.15am			EP Exercise Group (GG) 11:15-12:00 (Emma)			
11.30am						
11.45am					EP Exercise Group (GG) 11:30-12:15 (Will)	
12.00pm						
12.15pm						
12.30pm	Gym Rehab (Benefitness) 12:15-1:15 (Ben)					
12.45pm						
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4.30pm	EP Exercise Group (GG) 4:30:5:15 (Chris)			EP Exercise Group (GG) 4:30:5:15 (Chris)		
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