

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am				Exercise under Supervision 	Exercise under Supervision 
9:45am				Exercise under Supervision 	
10:00am		Women's Health			
10:30am					
11:30am		 50+	 50+	 50+	
1.00pm					
2:30pm	Exercise under Supervision 	Exercise under Supervision 			
4:30pm				Type 2 Diabetes Group 	