

ATHLETICS TRACK - CLASS TIMETABLE

MONDAY

Time	Class	Room	Instructor
11:00 - 12:00	Chair Based Yoga	Pavilion	Kate

TUESDAY

Time	Class	Room	Instructor
11:00 - 12:00	Restorative Yoga	Pavilion	Becky

WEDNESDAY

Time	Class	Room	Instructor
10:00 - 12:00	Adapted Cycling	Track	Matt
11:00 - 11:50	Strength & Balance	Pavilion	Kate
12:00 - 12:50	Heart Failure Rehabilitation	Pavilion	Kate
17:30 - 18:30	Adapted Cycling	Track	Matt

THURSDAY

Time	Class	Room	Instructor
10:00 - 11:00	Re-Ffit Strength & Balance	Pavilion	Kate
11:00 - 12:00	Chair Based Pilates	Pavilion	Kate