

Location	Dutton Park	Peninsula	Dutton Park	Chermside	Dutton Park	Dutton Park	Gold Coast
Time	MONDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30							Mobility Class
9:00		Balance				Stretch 9:00am to 9:30am	
9:30		9:00am to 10:00am		Mobility Class	Stretch	BALANCE 2 Class with Stretch	8:40am to 10:00am
10:00			Upper Limb and Posture	9:15am to 10:15am	Core Stability		
10:30		Mobility	9:30am -10:30am		10:00am to 11:00am	9:30am -11:00am	
11:00		10:30am to 11:30am		Balance Class	Movement to Music		
11:30				11:00am to 12:00pm	11:00am to 12:00pm		
12:00							
12:30							
13:00	Aquatic PT		Aquatic PT		Aquatic ET		
13:30	1:00- 2:00		1:00- 1:45		1:00 - 2:00		
14:00							

<b>Dutton Park</b>
<b>FRIDAY</b>
OPEN GYM
9am to 12 pm
Open Pool
1:00 - 2:00