MOVE CLINIC CLASSES - FROM 22 JULY 2024

45 minute classes

- **Level 1 Move2Live**
- **Level 2 Move2Live**
- **Combat Parkinson's**

60 minute classes

- **Power**
- **Pilates**
- **Circuit**
- **Trail Blazers Strength**

START TIME	KATOOMBA					BLACKHEATH				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30			**PILATES** 9:30am Emily	**LV1 MOVE2LIVE** 9:30am Emily	**LV2 MOVE2LIVE** 9:30am Emily					
9:45										
10 AM	**LV2 MOVE2LIVE** 10am Andrew	**LV1 MOVE2LIVE** 10am Tegan								
10:15										
10:30			**COMBAT PARKINSON'S** 10:30am Emily	**LV2 MOVE2LIVE** 10:30am Emily	**COMBAT PARKINSON'S** 10:30am Emily					
10:45										
11 AM										
11:15										
11:30		**LV2 MOVE2LIVE** 11:30am Andrea	**LV1 MOVE2LIVE** 11:30am Kerry							
11:45										
12 PM										
12:15										
12:30										
12:45										
1 PM										
1:30										
1:45										
2 PM										**LV2 MOVE2LIVE** 2pm Andrea
2:15						**LV2 MOVE2LIVE** 2:15pm Andrea				
2:30										
2:45										
3 PM										
3:15										
3:30										
3:45										
4 PM										
4:15						**CIRCUIT** 4:15pm Andrea				
4:30										
4:45										
5 PM										
5:15						**POWER** 5:15pm Andrea				
5:30		**TRAIL BLAZERS STRENGTH** 5:30pm Emily	**CIRCUIT** 5:30pm Andrew	**CIRCUIT** 5:30pm Kerry						
5:45										
6 PM										
6:15										
6:30										
6:45										
7 PM										