

Mat SCHEDULE

MONDAY

8.00AM
9.15AM
10.30AM

5.30PM
6.45PM (MEN ONLY)

TUESDAY

9.15AM
10.30AM (MUM AND BABY)

5.45PM
7.00PM

WEDNESDAY

8.00AM
9.15AM
10.30AM
1.00PM (DYNAMIC)

5.30PM (BACK PAIN)
7.00PM

THURSDAY

9.15AM
10.30AM
12.00PM (EDS &
HYPERMOBILITY)

5.45PM
7.00PM

FRIDAY

9.15AM
10.30AM (DYNAMIC)
11.45AM

5.00PM

SATURDAY

8.30AM (IMPROVER)
9.45AM (PREGNANCY)
11.00AM

SUNDAY

10.00AM (RESTORATIVE) - FORTNIGHTLY