




PERFORMANCE MEDICINE 2021 CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Clinical Conditioning 8:30 - 9:15am Stacey	Clinical Conditioning 8:30 - 9:15am Catherine	Clinical Conditioning 8:30 - 9:15am Andrew		Clinical Conditioning 8:30 - 9:15am Catherine	Clinical Conditioning 8-8: 45am Karina
				Virtual Barre 9am Andy	Clinical Conditioning 8:45-9:30am Karina
		Virtual Inner Strength 10am Cat			
	Clinical Conditioning 10:30-11:15am Stacey			Clinical Conditioning 10:30 - 11:15am Stacey	
Virtual Inner Strength 12:30pm Stacey	Virtual Inner Strength 12:30pm Cat		Clinical Conditioning 12:30 - 1:15pm Stacey	Virtual Inner Strength 12:30pm Andy	
Clinical Conditioning 1 - 1:45pm Stacey	Clinical Conditioning 1 - 1:45pm Andrew	Virtual Inner Strength 1pm Stacey	Virtual Yoga Flow Andy 1pm	Clinical Conditioning 1 - 1:45pm Stacey	
		Clinical Conditioning 1:30 - 2:15pm Stacey	Clinical Conditioning 1:30 - 2:15pm Catherine		
				FB LIVE CLASS	
		Clinical Conditioning 4:30-5:15pm Karina	Clinical Conditioning 4:30-5:15pm Stacey	Boys Dance Too 4:30pm-5:15pm Andy	
		Dance Conditioning 4:30pm-5:15pm Stacey			
Clinical Conditioning 5:15 - 6pm Andrew	Ballet Conditioning 5:15-6:00pm Stacey			Ballet Conditioning 5:15-6:00pm Stacey	
	Virtual Barre 5:30pm Andy		Virtual Inner Strength 5:30pm Stacey		
 PERFORMANCE MEDICINE	Clinical Conditioning 6:15-7pm Stacey				