

AB Physio March 2021 Class Schedule

S U N	M O N	T U E	W E D	T H U	F R I	S A T
28	1 	2 GLA:D Exercise Happy Backs	3 GLA:D Exercise	4 Strength&Balance GLA:D Exercise Happy Backs	5 Yogability GLA:D Exercise	6
7 	8 GLA:D Exercise Physiyoga Functional Strength	9 GLA:D Exercise Happy Backs	10 GLA:D Exercise	11 Strength&Balance GLA:D Exercise Happy Backs	12 Yogability GLA:D Exercise	13
14	15 GLA:D Exercise Physiyoga Functional Strength	16 GLA:D Exercise Happy Backs	17 GLA:D Exercise Functional Strength	18 Strength&Balance GLA:D Exercise Happy Backs	19 Yogability GLA:D Exercise	20
21	22 GLA:D Exercise Physiyoga Functional Strength	23 GLA:D Exercise Happy Backs	24 GLA:D Exercise Functional Strength	25 Strength&Balance GLA:D Exercise Happy Backs	26 Yogability GLA:D Exercise	27
28	29 GLA:D Exercise Physiyoga Functional Strength	30 GLA:D Exercise Happy Backs	31 GLA:D Exercise Functional Strength	1 Strength&Balance GLA:D Exercise Happy Backs	2 	3

CLASS TIMES

GLA:D Exercise:
Mon & Wed: 8:30-9:30am
Thu: 4:30-5:30pm
Tue & Fri: 1-2pm

Functional Strength:
Mon: 10-11am
Wed: 10-11am

Happy Backs:
Tue: 5:30-6:30pm
Thu: 8:45-9:45am

Yogability:
Fri: 11:30-12:15pm

Physiyoga:
Mon: 5-6pm

Strength & Balance:
Thu: 10-10:45am