

AB Physio April 2021 Class Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 Strength&Balance GLA:D Exercise Happy Backs	2 	3
4	5 	6 GLA:D Exercise Happy Backs	7 GLA:D Exercise Functional Strength	8 Strength&Balance GLA:D Exercise Happy Backs	9 Yogability GLA:D Exercise	10
11	12 GLA:D Exercise Physiyoga Functional Strength	13 GLA:D Exercise Happy Backs	14 GLA:D Exercise Functional Strength	15 Strength&Balance GLA:D Exercise Happy Backs	16 Yogability GLA:D Exercise	17
18	19 GLA:D Exercise Physiyoga Functional Strength	20 GLA:D Exercise Happy Backs	21 GLA:D Exercise Functional Strength	22 Strength&Balance GLA:D Exercise Happy Backs	23 Yogability GLA:D Exercise	24
25	26 	27 GLA:D Exercise Happy Backs	28 GLA:D Exercise Functional Strength	29 Strength&Balance GLA:D Exercise Happy Backs	30 Yogability GLA:D Exercise GLA:D Education	1 

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